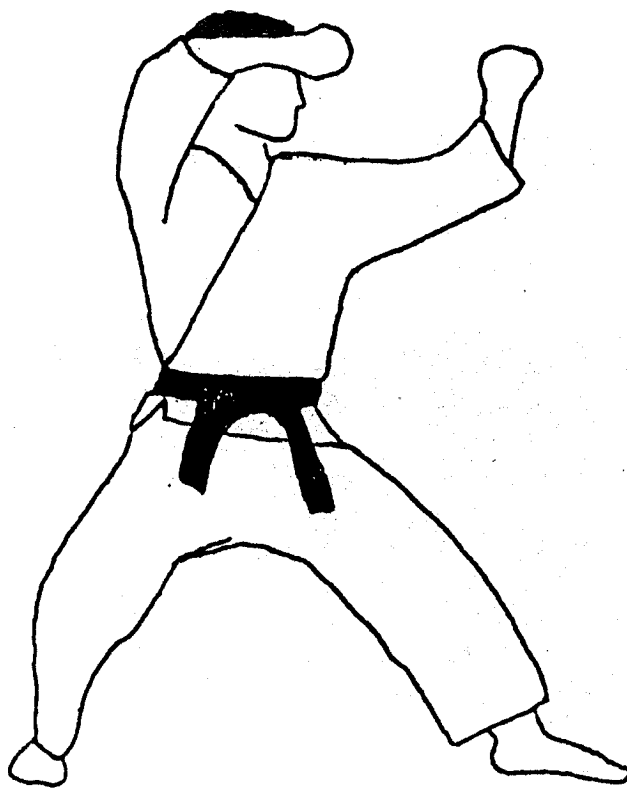
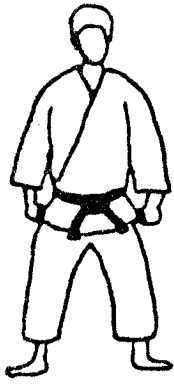


KATA

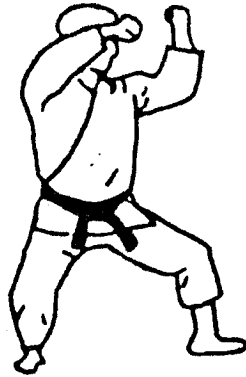
HEIAN 2



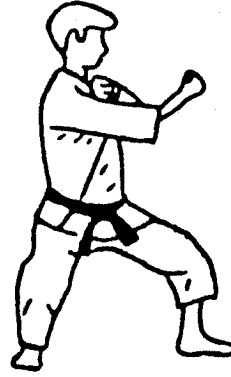
## HEIAN 2



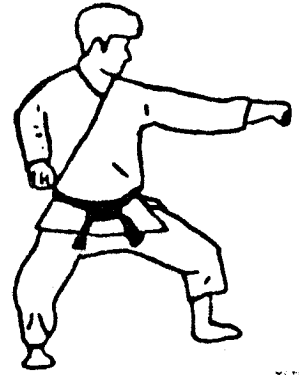
KAMAE



1.

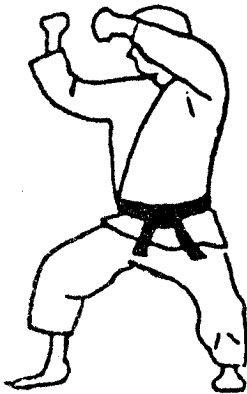


2.



3.

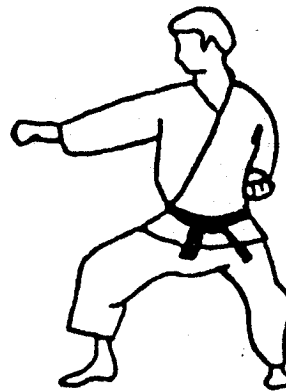
1. Slide left foot to left in back stance, and execute left upper-level forearm block. Right arm guards forehead.
2. Keeping feet in place, execute left wrist sweeping block and right bottom fist strike against opponent's elbow joint.
3. Keeping feet in place, execute left middle-level punch.



4.



5.

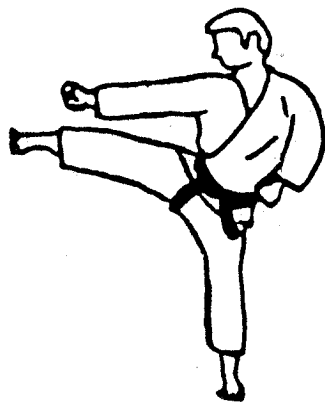


6.



7.

4. Keeping feet in place, pivot to the right, and execute right upper-level forearm block. Left arm guards forehead.
5. Keeping feet in place, execute right wrist sweeping block and left bottom fist strike against opponent's elbow joint.
6. Keeping feet in place, execute right middle-level punch.
7. Keeping right foot in place, take one-half step to the right with the left leg. Twist the hips to the right and bring the right leg up into side snap kick position, right hand over the left on the left side.



7A.  
(Side View)



8.



9.

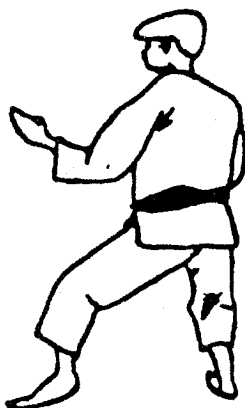


10.

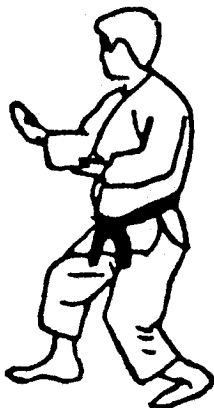


11.

- 7A. Execute right side snap kick, and simultaneously, right back fist strike.
8. Step down immediately with right foot into back stance, and execute left middle-level knife hand block.
9. Keeping left foot in place, step forward and execute right middle-level knife hand block in back stance.
10. Keeping right leg in place, step forward and execute left middle-level knife hand block in back stance.
11. Keeping left foot in place, step forward into forward stance, and execute simultaneous left pressing block and right middle-level fingertip thrust. KIAI.



12.



13.



14.

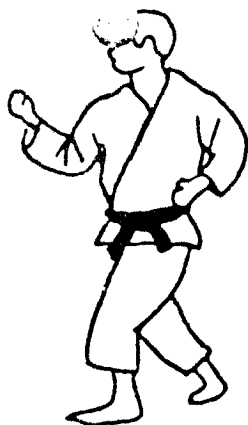


15.

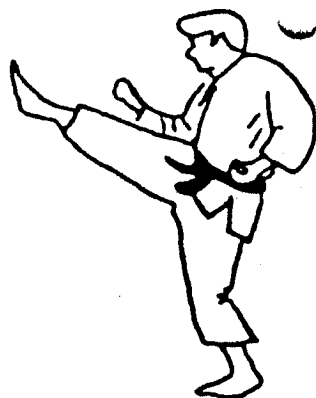
12. Keeping right foot in place, pivot 270 degrees to the left, executing middle-level knife hand block in left back stance.
13. Keeping left foot in place, step forward 45 degrees and execute right middle-level knife hand block in back stance.
14. Keeping left foot in place, pivot 135 degrees to the right and execute right middle-level knife hand block in back stance.
15. Keeping right foot in place, step forward 45 degrees and execute left middle-level knife hand block in back stance.



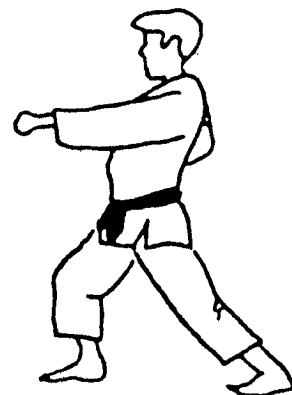
16.



16A.

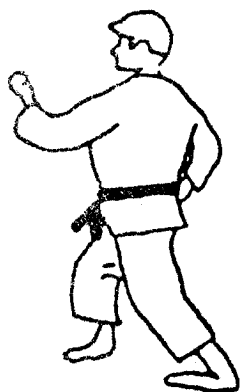


16B.



17.

16. Keeping right leg in place, swing left leg 45 degrees to the left in forward stance and draw it straight back one-half step, simultaneously executing right middle-level outward forearm block. Twist hips far to left.
- 16A. Side view of technique 16.
- 16B. SIDE VIEW. Keeping left leg and right arm in place, execute a right front snap kick.
17. SIDE VIEW. While stepping down with right leg into forward stance, execute left middle-level reverse punch.



18.



18A.



19.

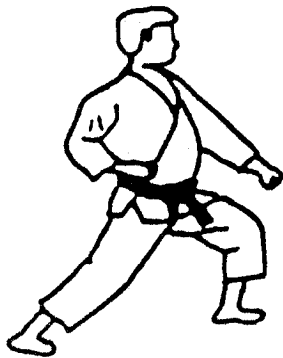


19A.



20.

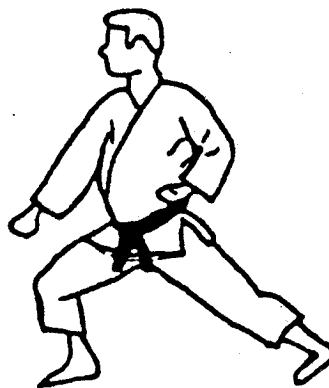
18. SIDE VIEW. Draw the right foot straight back one-half step and execute left outward middle-level forearm block. Twist hips far to the right.
- 18A. Keeping right foot in place, execute left front snap kick.
19. While stepping down with left leg into forward stance, execute right middle-level reverse punch.
- 19A. Step forward with right leg and swing both arms to the left side in preparation for augmented forearm block.
20. SIDE VIEW. Execute right middle-level augmented forearm block in forward stance.



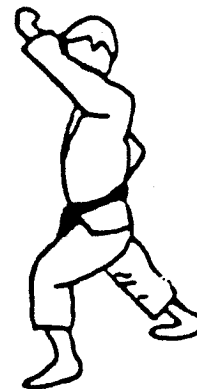
21.



22.

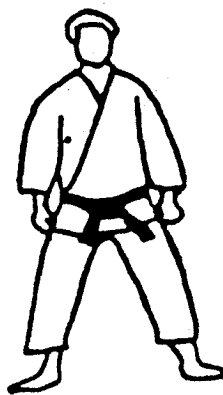


23.



24.

21. Keeping right foot in place, pivot 270 degrees to the left, and execute left downward block in forward stance, with heels in a straight line.
  22. Keeping left foot in place, step forward 45 degrees and execute right rising block in forward stance.
  23. Keeping left foot in place, pivot 135 degrees to the right, and execute right downward block in forward stance, with heels in a straight line.
  24. Keeping right foot in place, step forward 45 degrees and execute left rising block in forward stance.
- KIAI.



TOME  
Finish

Draw the left foot back even with the right, and assume open leg stance.