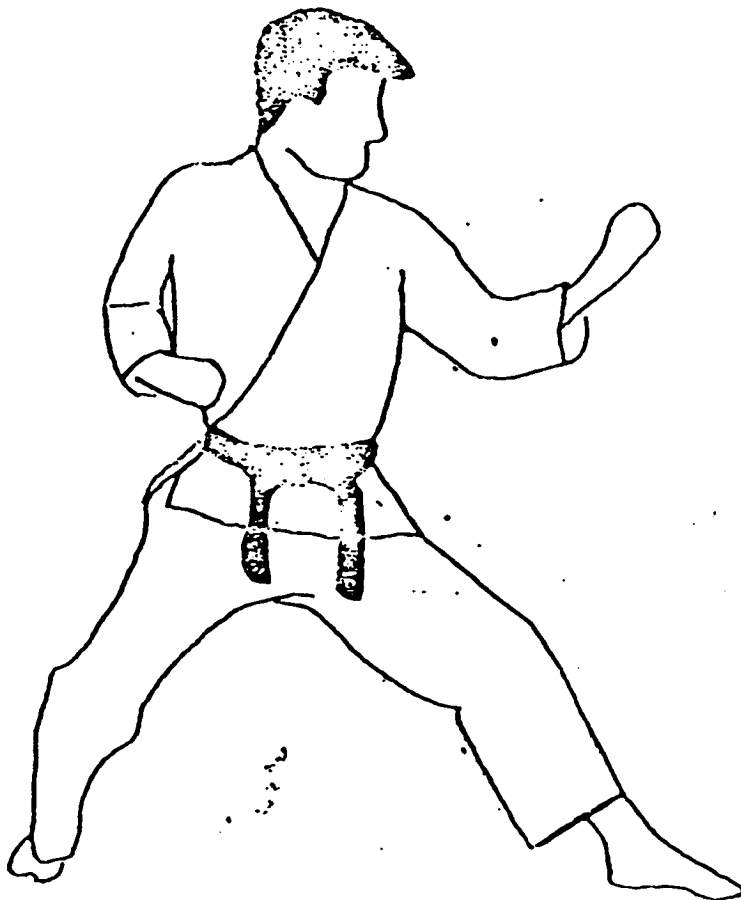


KATA
HEIAN 3



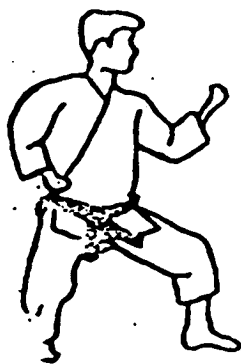
HEIAN 3



1.



2.



3.

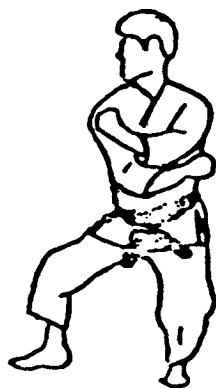


4.

KAMAHE. Ready position in open-leg stance.
 Step to left and execute left middle inside forearm block in back stance.
 Final position for step 2.
 Bring right foot together with the left, simultaneously executing right middle level inside forearm block and left downward block.



5.



6.



7.



8.

Without changing position, execute left middle level inside forearm block and right downward block.
 Swing the hips forcefully, and step to the right in preparation for right forearm block.
 Execute right middle level inside forearm block in back stance.
 Bring left foot together with right, simultaneously executing left middle level inside forearm block and right downward block.



9.



10.



11.



12.

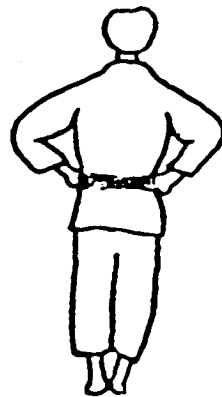
9. Without changing position, execute right middle level inside forearm block and left downward block.
10. Slide the left foot to the left and execute left, middle level augmented forearm block in back stance.
11. Step forward into right forward stance, simultaneously executing left palm pressing block and right middle level fingertip thrust. The left hand comes to rest directly under the right elbow.
12. Pivot on the right foot, 180 degrees to the left, as if the right hand has been grabbed by the opponent, and you are twisting it away. The right open hand drops to the back at belt level, and the left hand prepares to strike.



13.



14.



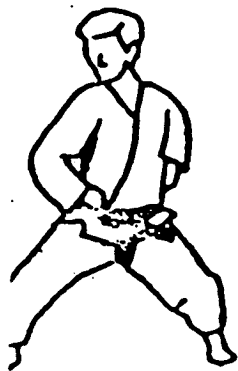
15.



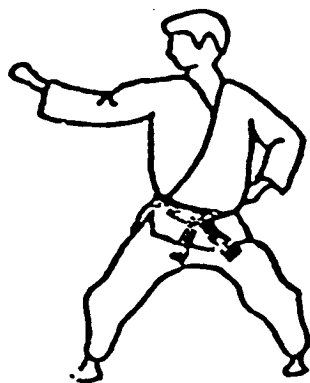
16.

13. Continue to slide the left foot into straddle-leg stance, bringing the right hand to the hip in a fist. Strike forcefully with middle level bottom-fist strike.
14. Step forward into right forward stance, and execute lunge punch to the stomach. KIAI.
15. Keeping right foot in place, draw the left foot up while turning 180 degrees. Move the head, hands and feet slowly, in unison, until the feet are together, and the fists are on the hips.
16. Keeping the hands on the hips, twist the hips forcefully to the left, and raise the right knee up in front of the chest, as if protecting the upper body from attack.

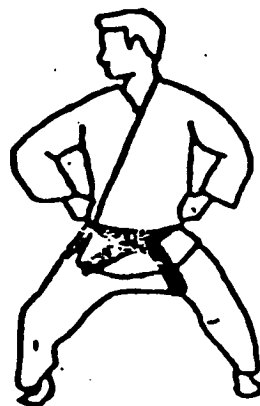
NOTE: Techniques 16 -19 are Side Views.



17.



18.



19.



20.

7. Keeping the fists on the hips, pivot on the left foot and step into straddle-leg stance, simultaneously executing right side elbow block.
8. Without changing position, execute right back-fist strike, moving the fist in a semi-circle to the target.
9. Without changing position, return the fist, in a semi-circle, to the hip.
10. Keeping the right foot in place, bring the left foot up, as in Technique 16.



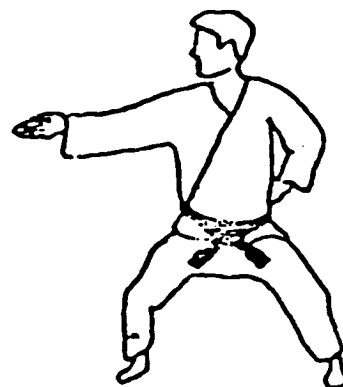
21.



22.



23.



24.

1. Step into straddle-leg stance, simultaneously executing left side elbow block. Execute left back-fist strike, and return fist to hip.
2. Keeping the left foot in place, raise the right knee as in Technique 16.
3. Step into straddle-leg stance, simultaneously executing right side elbow block. Execute right back-fist strike, and return fist to hip.
4. Open the right hand and straighten the elbow slowly, as if executing a back-hand block.

NOTE: Technique 24 is Side View.



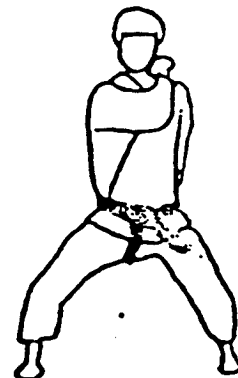
25.



26.



27.

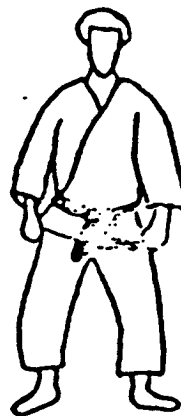


28.

25. Step into left forward stance, and execute left lunge punch to stomach.
26. Bring the right foot up even with the left, in a shallow straddle-leg stance.
27. Keep the right foot in place, and pivot around to the left to face the front.
28. Keeping the eyes to the front, execute a right punch over the left shoulder, simultaneously executing a left elbow strike to the rear.



29.



30.

29. Slide strongly to the right, simultaneously executing left punch over right shoulder, and right elbow strike to the rear. KIAI.
30. TOME. Finish. Draw the right foot back toward the left and assume open-leg stance.