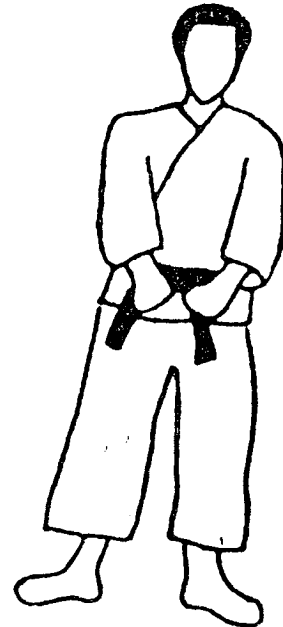
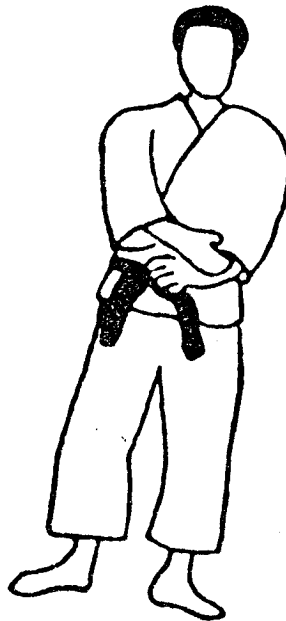
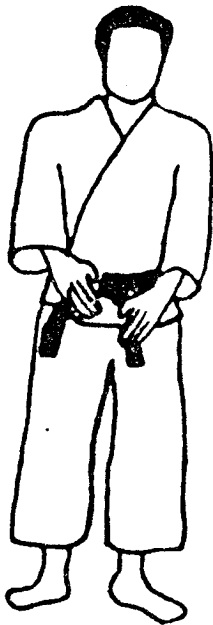
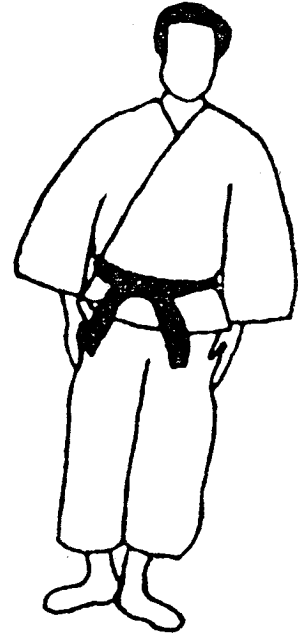
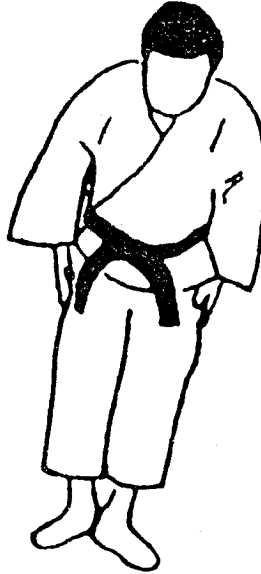
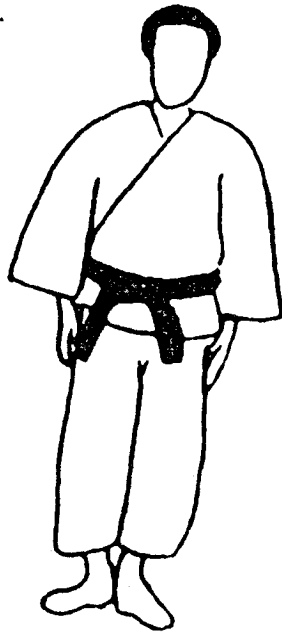
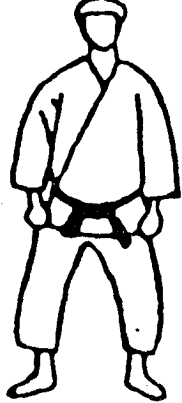


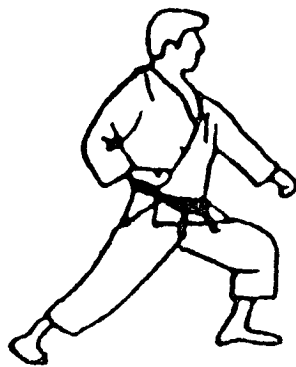
KATA HEIAN 1

ALL KATA BEGIN AND END WITH A BOW

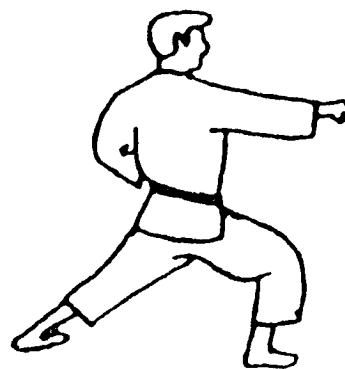




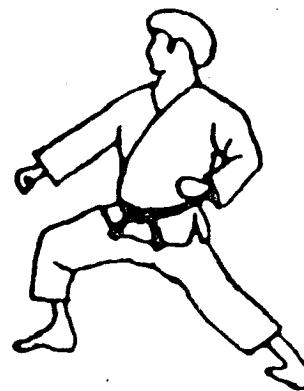
1.



2.

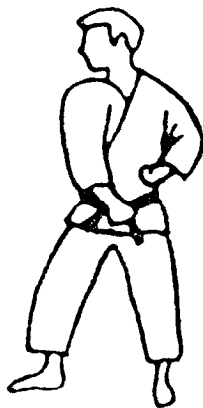


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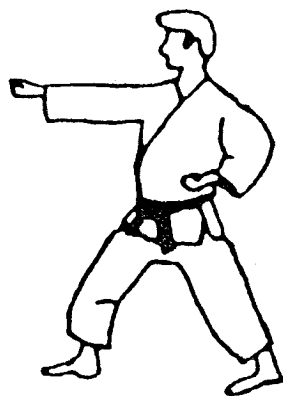


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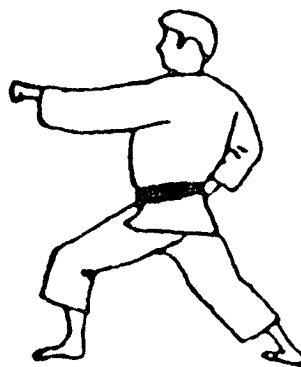
1. KAMAIE. Ready position in open leg stance.
2. Step to left with left leg and execute left downward block in forward stance.
3. Step forward with right leg and execute right lunge punch to stomach in forward stance.
4. Keeping left leg in place, pivot 180 degrees to the right and execute right downward block in forward stance.



5.



6.



7.



8.

5. Opponent has grasped your wrist. Keeping left foot in place, draw the right arm and right leg back forcefully toward your body.
 6. Slide the right leg back into forward stance position, and swing the arm in a circle over your head, striking with right bottom-fist strike at collar bone level.
- NOTE: Techniques 5 and 6 should be done in one, smooth, continuous motion.
7. Keeping right leg in place, step forward with left leg and execute left lunge punch to stomach in forward stance.
 8. Keeping right foot in place, pivot 90 degrees to the left, and execute left downward block in forward stance.



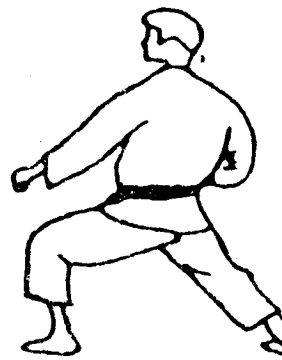
9.



10.



11.

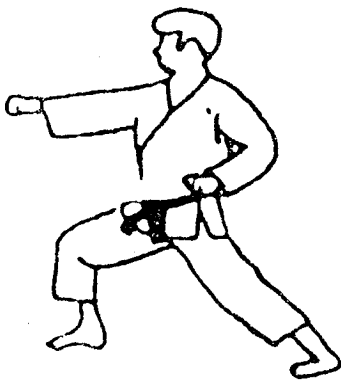


12.

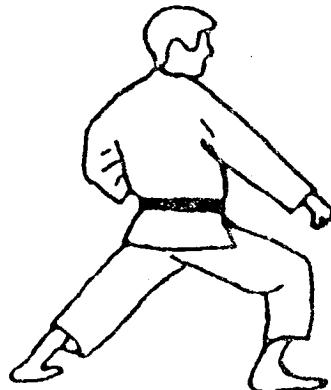
9. Keeping left foot in place, step forward and execute rising block with right arm in forward stance.
10. Keeping right foot in place, step forward and execute rising block with left arm in forward stance.
11. Keeping left foot in place, step forward and execute rising block with right arm in forward stance, and KIAI.

NOTE: There is no pause between techniques 10 and 11.

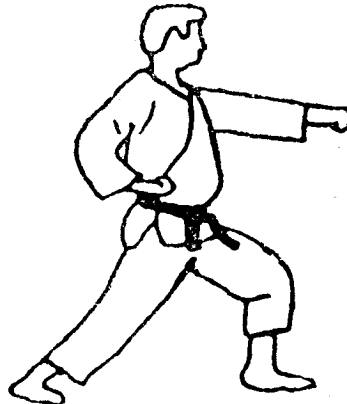
12. Keeping right foot in place, pivot around to left 270 degrees and execute downward block with left arm in forward stance.



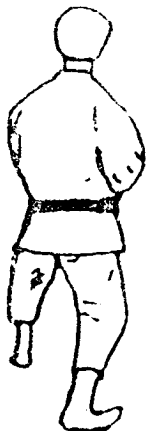
13.



14.



15.



16.

13. Keeping left foot in place, step forward and execute lunge punch to stomach with right hand, in forward stance.
14. Keeping left foot in place, pivot around 180 degrees to the right, and execute downward block with right arm, in forward stance.
15. Keeping right foot in place, step forward and execute left lunge punch to stomach in forward stance.
16. Keeping right foot in place, pivot 90 degrees to the left and execute left downward block in forward stance.



17.



18.



19.

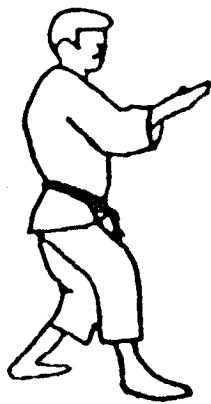


20.

- 17. Keeping left foot in place, step forward and execute right lunge punch to stomach, in forward stance.
- 18. Keeping right foot in place, step forward and execute left lunge punch to stomach, in forward stance.
- 19. Keeping left foot in place, step forward and execute right lunge punch to stomach, in forward stance and KIAI.

NOTE: There is no pause between techniques 18 and 19.

- 20. Keeping right foot in place, pivot 270 degrees to the left, executing middle-level knife hand block in back stance. Block with left arm.



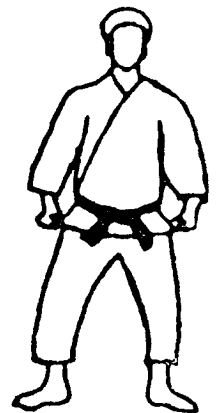
21.



22.



23.



24.

- 21. Keeping left foot in place, step forward 45 degrees and execute right middle-level knife hand block in back stance.
- 22. Keeping left foot in place, pivot 135 degrees to the right and execute right middle-level knife hand block in back stance.
- 23. Keeping right foot in place, step forward 45 degrees and execute left middle-level knife hand block in back stance.
- 24. TOME. (Finish). Draw the left foot back to open-leg stance, facing front.