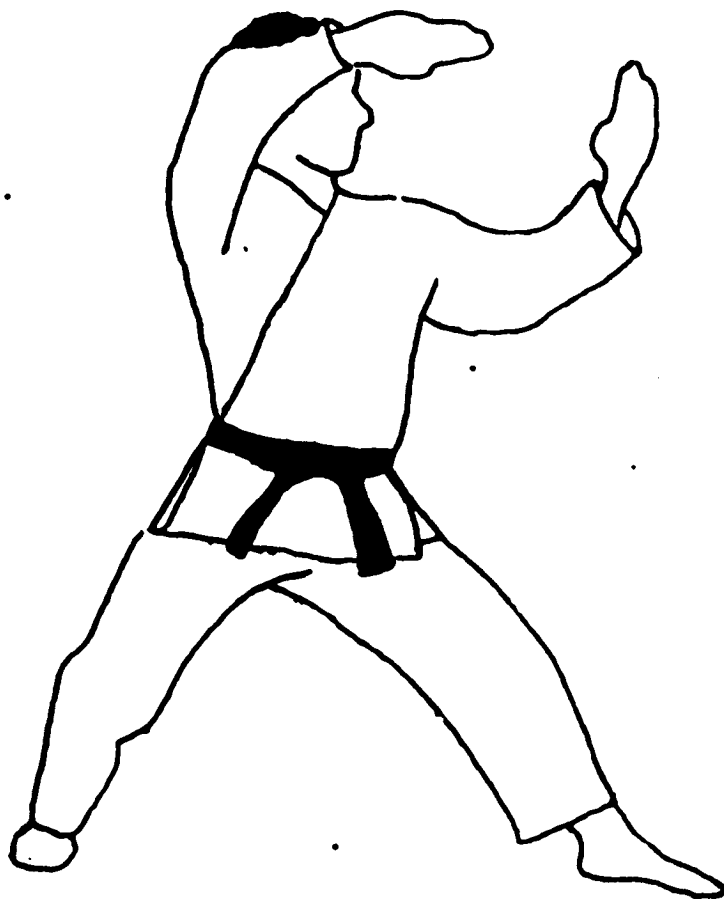
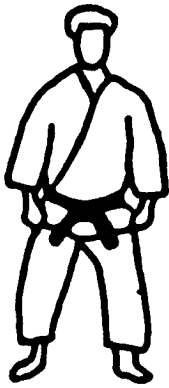


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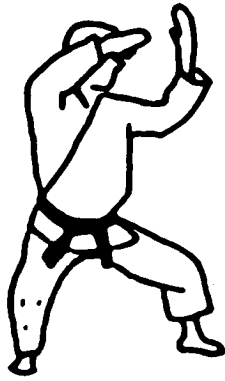
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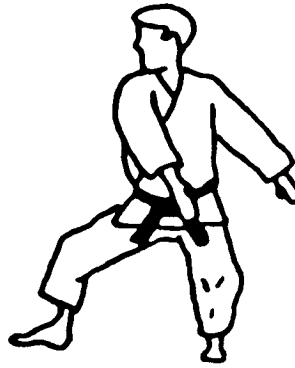
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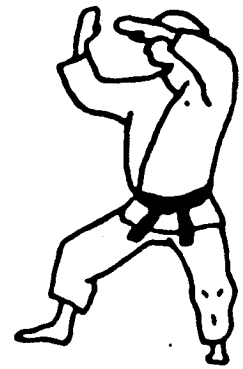
1.



2.



3.



4.

1. **KAMAE.** Ready position in open-leg stance.
2. Step to the left in back stance, swinging arms to the right, near the hips. Slowly swing the arms in an arc to execute left, upper level forearm block with hand open. Right hand guards the front of the head.
3. Quickly shift the weight to the left in back stance, turning the head to the right and dropping the arms to the left, near the hips.
4. Slowly swing the arms in an arc to execute right, upper level forearm block with hand open. Left hand guards the front of the head.



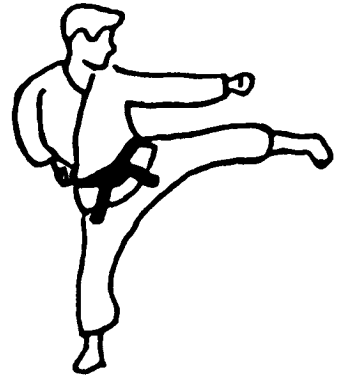
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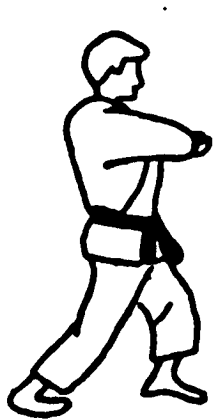


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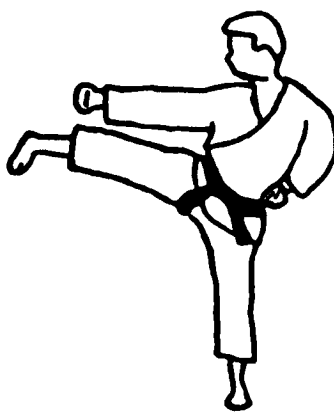
5. Keeping right foot in place, step forward into left forward stance and execute downward X-block.
6. Keeping left foot in place, step forward into back stance, and execute right middle level augmented forearm block.
7. Smoothly bring the left foot up to the right knee, and drop both hands to the right hip, left fist over right. Look to the left.
8. Keeping right foot in place, simultaneously execute left back-fist strike and left side snap kick.



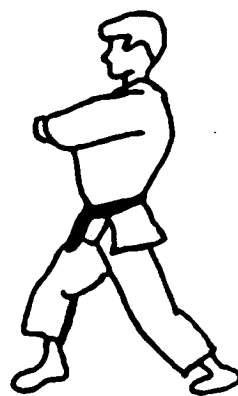
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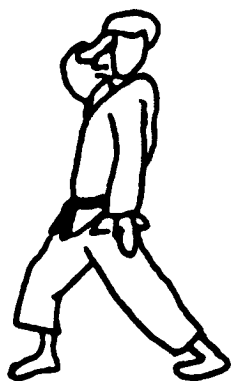


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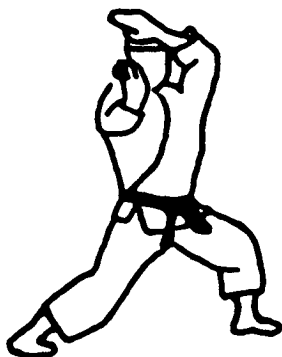


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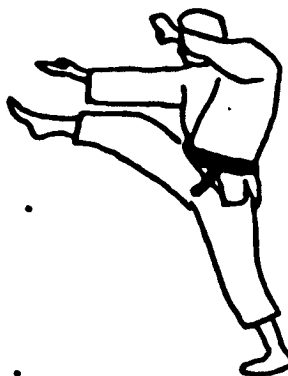
9. Without pause, step to the left in forward stance and execute right middle level elbow strike against the left palm. NOTE: After executing the side snap kick, the leg quickly snaps back, but the left hand remains extended toward the target.
10. Draw the left foot back one-half step, twist the hips to the right, and assume a position with the right foot against the left knee, with the hands at the left hip, right hand over left.
11. Simultaneously execute right side snap kick and right back-fist strike.
12. Step into right forward stance and execute left middle level elbow strike against the right palm. Remember to draw the leg back after kicking, but leave the right arm extended toward the target.



13.



14.



15.



16.

13. Keeping feet in place, look to the right and execute left downward block with hand open. Right hand protects right side of forehead.
14. Twist the hips strongly to the left, assuming left forward stance, and simultaneously executing right knife-hand strike to the neck. Left hand guards forehead.
15. SIDE VIEW. Keeping left foot in place, execute right front snap kick. Do not change position of hands.
16. Step forward into right front stance, drawing the right hand under the left arm and executing left middle level, open-hand pressing block.



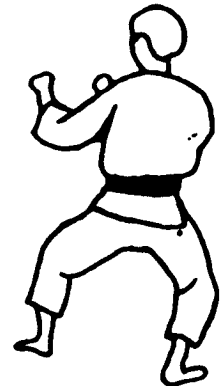
17.



17 A.

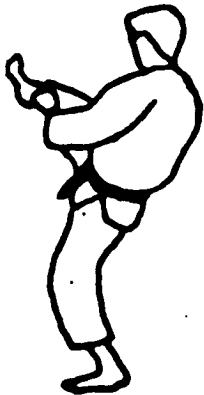


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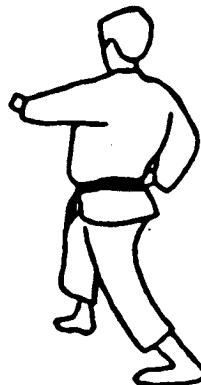
- 17. Without pause, continue to slide the left foot up behind the right, and execute right downward back-fist strike. KIAI.
- 17 A. Side view of Technique 17.
- 18. Pivot on the right foot to face 45 degrees to the left rear, crossing both arms in front of the face.
- 19. Slide the left foot into back stance, slowly executing wedge block.



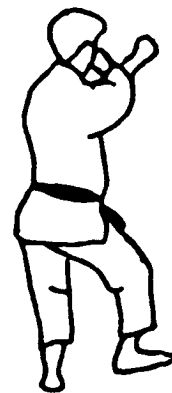
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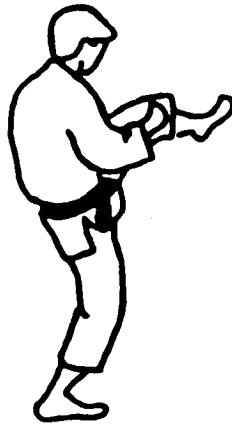


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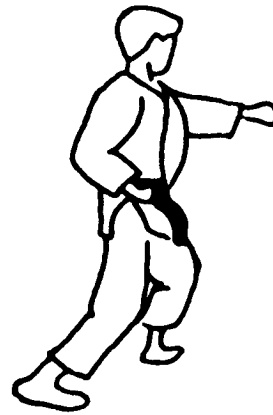
- 20. Keeping hands in place, execute right front snap kick.
- 21. Step down into right front stance executing right front lunge punch to the stomach.
- 22. Without pause, execute a left reverse punch to the stomach.
- 23. Keeping the left foot in place, pivot to the right, facing 45 degrees to the rear, crossing the arms in front of the face.



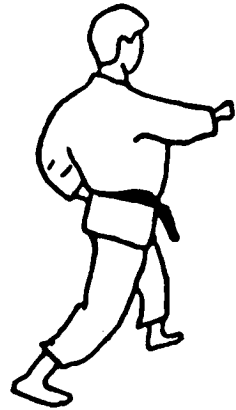
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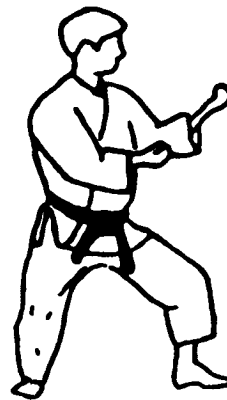
- 24. Slide the right foot into back stance, and execute wedge block. Again note that this movement is performed slowly, as if wringing a wet towel.
- 25. Keeping hands in place, execute left front snap kick.
- 26. Step down into left front stance, simultaneously executing left lunge punch to the stomach.
- 27. Without changing position, execute right reverse punch to the stomach.



28.



29.



29 A.



30.

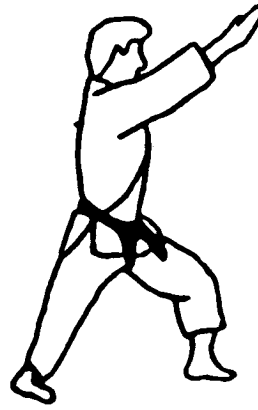
- 28. Keeping the right foot in place, swing the left foot in a wide arc to the left rear, assuming back stance. Arms swing toward the right hip.
- 29. Execute left middle level augmented forearm block, in back stance.
- 29 A. Side View of technique 29.
- 30. Step forward and execute right middle level augmented forearm block in back stance.



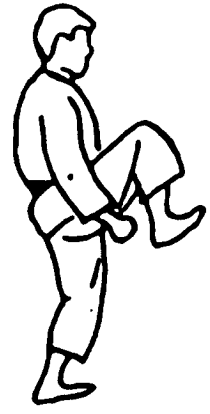
31.



32.



32 A.



33.

31. Step forward and execute left middle level augmented forearm block in left back stance.
32. Keeping the feet on a straight line, shift the body weight forward and raise the arms to the level of the face, as if grasping the opponent's head.
- 32 A. Side View of technique 32.
33. Side View. Keeping the hips at the same level, forcefully bring the arms down while performing a right knee strike. KIAI.



34.



35.



36.

34. After striking, step into back stance with right leg, and pivot to face the front. Simultaneously execute left middle level knife-hand block.
35. Step forward and execute right middle level knife-hand block in back stance.
36. TONE. Finish. Draw the right foot back even with the left and assume open-leg stance.