

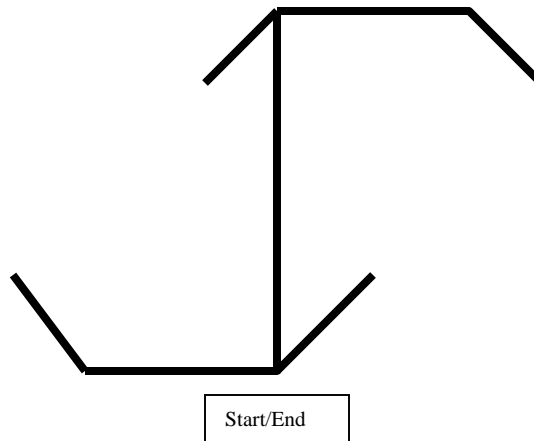
Heian Nidan

Clock Directions: Imagine you are standing at the center of a clock face. 12:00 is directly in front of you; 6:00 is directly behind you. With each step, the clock face moves with you (you are always in the center) but the clock face never rotates (12:00 is always the same direction as when you started).

1. Yoi, or Ready position
2. Look to your left. Slide left foot out to 9:00, back stance; Upper level block with right hand / Left hammer fist strike. Both palms face forward.
3. Left hand comes back to right cheek, palm facing in / Right hand swings around with hammer fist to break opponent's arm.
4. Left hand hammer fist strike to opponent's temple / Right fist to right hip bone.
5. Look to your right. Pivot 180° into back stance, facing 3:00; Upper level block with left hand / Right hammer fist strike. Both palms face forward.
6. Right hand comes back to left cheek, palm facing in / Left hand swings around with hammer fist to break opponent's arm.
7. Right hand hammer fist strike to opponent's temple / Left fist to left hip bone.
8. Look to your right (6:00). Bring left foot a half-step toward 3:00, turn hips to right. Right fist on top of left fist in cup-and-saucer position. Raise right sole to left knee.
9. Right foot side snap kick to 6:00 / Right horizontal block with back fist.
10. Return kicking foot to left knee. Look to your left (12:00). Pivot on left foot to face 12:00. Step back toward 6:00 with right foot into back stance / Left sword hand block (throw), right sword hand to solar plexus, palm up.
11. Slide right foot forward toward 12:00 into back stance / Right sword hand block.
12. Slide left foot forward toward 12:00 into back stance / Left sword hand block.
13. Step forward toward 12:00 with right foot into front stance / Pressing palm block with left hand (palm down) / Middle level spear hand with right hand. Back of left hand is directly under right elbow. **KIAI!**
14. Bring left hand to right cheek, palm facing in / Right hand, palm down, under left armpit. Right (front) foot is pivot; turn to your left 270° (toward 3:00). Slide left foot toward 3:00 into back stance / Left sword hand block.
15. Point left hand, palm down 45° toward 4:30 (look in same direction) / Bring right hand to left cheek, palm facing in; Left foot stays in place, slide right foot toward 4:30 into back stance / Right sword hand block.
16. Bring right hand back to left cheek, palm facing in / Left hand palm down under right armpit. Left (rear) foot is pivot, withdraw right foot, turn to your right 135° (toward 9:00). Slide right foot toward 9:00 into back stance / Right sword hand block.
17. Point right hand, palm down, 45° toward 7:30 (look in same direction) / Bring left hand to right cheek, palm facing in; Right foot stays in place, Slide left foot toward 7:30 into back stance / Left sword hand block.
18. Withdraw left foot and slide it forward toward 6:00 into left front stance (look in same direction). Right arm goes out to right side (4:00) and then sweeps inward, scooping kicking attack, into right inside-outward block / Left hand to left hip.
19. Right leg front snap kick, stepping forward (6:00) into right front stance.
20. Left hand middle level reverse punch. Punch as soon as kicking foot returns to floor. Execute steps 18, 19 and 20 rapidly.

21. Left hand under right armpit, right hand parallel to left on top, then left hand middle level inside outward block / Right hand to right hip. Simultaneously turn hips to left, shortening stance and bringing right foot half a step back, automatically.
22. Left leg front snap kick, stepping forward (6:00) into left front stance.
23. Right hand middle level reverse punch. Punch as soon as kicking foot returns to floor. Execute steps 21, 22 and 23 rapidly.
24. Left and right fists to right hip, knuckle to knuckle, palms down. Step forward (6:00) with right foot into right front stance / Right middle level reinforced forearm block (Right middle level inside-outward block, with left side of left fist, palm facing in, at right elbow.)
25. Bring left fist to right cheek, palm facing in / Right hand crossing down in front of body. Right (front) foot is pivot; turn to your left 270° (toward 9:00). Slide left foot toward 9:00 into front stance / Left downward block.
26. Open left hand and perform left upper level rising block (open palm facing outward), then advance right foot 45° (10:30) into front stance and perform right upper level rising block.
27. Bring right fist to left cheek, palm facing in / Left hand crossing down in front of body. With left (rear) leg as pivot, withdraw right leg and turn 135° to the right (3:00), sliding right foot toward 3:00 into right front stance while performing right downward block.
28. Open right hand and perform right upper level rising block (open palm facing outward), then advance left foot 45° (1:30) into front stance and perform left upper level rising block. **KIAI!**
29. Return to ready position (yoi) by withdrawing left foot.

Kata Diagram:



Heian Nidan

Condensed Version

Yoi, or Ready position

1. Left back stance. Upper level block with right hand / Left hammer fist strike.
 2. Right hand hammer fist / Left hand to right cheek.
 3. Left hand hammer fist strike to opponent's temple / Right fist to right hip.
 4. Pivot 180° into back stance. Upper level block with left hand / Right hammer fist strike.
 5. Left hand hammer fist / Right hand to left cheek.
 6. Right hand hammer fist strike to opponent's temple / Left fist to left hip.
 7. Left foot a half-step up. Right foot side kick to rear / Right horizontal block with back fist.
 8. Step back with right foot into back stance / Left sword hand block (throw).
 9. Step forward into right back stance / Right sword hand block.
 10. Step forward into left back stance / Left sword hand block.
 11. Step forward into right front stance / Left pressing palm block / Middle level spear hand with right hand. **KIAI!**
 12. Turn 270° to left. Step into left back stance / Left sword hand block.
 13. Step 45° into right back stance / Right sword hand block.
 14. Turn 135° to right. Step into right back stance / Right sword hand block.
 15. Step 45° into left back stance / Left sword hand block.
 16. Withdraw left foot and step forward into left front stance Right arm sweeps inward into right inside-outward block.
 17. Right leg front snap kick, right front stance.
 18. Left hand middle level reverse punch.
 19. Left hand middle level inside-outward block.
 20. Left leg front snap kick, left front stance.
 21. Right hand middle level reverse punch.
 22. Step forward into right front stance / Right middle level reinforced forearm block.
 23. Turn left 270° into left front stance / Left downward block.
 24. Step 45° into right front stance / Right upper level rising block.
 25. Turn 135° to right, into right front stance / Right downward block.
 26. Step 45° into left front stance / Left upper level rising block. **KIAI!**
- Return to ready position (yoi).

