

TERMS

Yoko - Side
Shuto - Knife hand
Keagi - Snap
Kekomi - Thrust
Uchi - Strike

FREE SPARRING

- Think of sparring like a game of chess; keep it fun
- Taller? Use push kicks and back kicks to keep opponent away
- Shorter? Get in close
- Heavier? Use your power advantage
- Lighter? Use your speed advantage
- Faster? Use it!
- Slower? Keep it simple

SELF DEFENSE

Choke Release

- Choke release 3
Trap arms; other arm rises over opponents arms, move into elbow strike
- Choke release 4
Double knife hand block, grab back of neck, 2 finger choke with other hand; control to ground

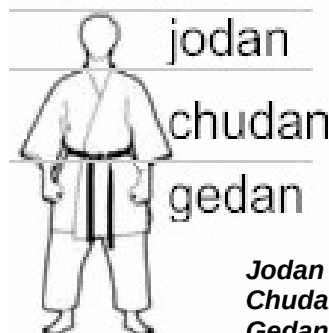
KIHON (Basics)

Stripe 1

Technique	Stance	Procedure
Choku Zuki Straight Punch	Shisentai Natural Stance	Facing Front
Gyaku Zuki Reverse Punch	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Oi Zuke Stepping Lunge Punch	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Tettsui Uchi Downward Hammer Fist	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Age Uke Upper Block	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Soto Ude Uke Outside Block	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Uchi Uke Inside Block	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Shoto Uke Knife Hand Block	Kokutsu Back Stance	Moving Forward, Turning, Return back
Mae Geri Front Kick	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Yoko Geri Keage Side Snap Kick	Kiba Dachi Horse Riding Stance	Moving Forward, Turning, Return back
Yoko Geri Kekomi Side Thrust Kick	Kiba Dachi Horse Riding Stance	Moving Forward, Turning, Return back

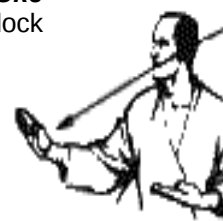


Tettsui Uchi
Downward Hammer Fist

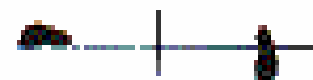


Jodan Upper Level
Chudan Middle Level
Gedan Lower Level

Shuto Uke
Knife Hand Block



Kiba Dachi
Back Stance



CONCEPTS

- Back Stance
 - About 60% weight on back leg
 - Front knee and back knee are 90° apart
 - Hips are horizontal
 - Blades of feet define the "L" shape
 - Turn on Heel
- Double Shuto
 - Elbow in line with hand, bent 90°
 - Finger tips of front hand in line with shoulder

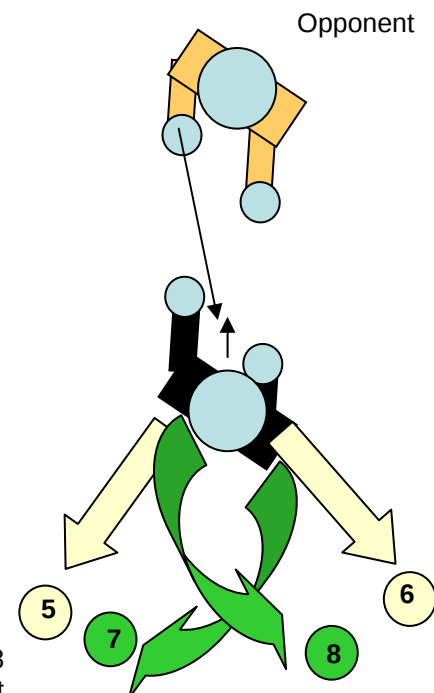
FITNESS

- Run 1/2 mile
- Situps: 15
- Pushups: 6
- Jumping Jacks: 30

KUMITE (Sparring)

Stripe 2

- **Go Han Kumite** 5 Step Sparring; **Jodan** (Upper Level)
 - Attack in Zenkutsu Dachi (left foot forward front stance); steps forward with Jodan Oi Zuki (head high lunge punch) 5x
 - Defender steps back (right foot first) into Age Uke (high block) 5x then Gyaku Zuki (reverse punch)
- **Go Han Kumite** 5 Step Sparring; **Chudan** (Middle Level)
 - Attack in Zenkutsu Dachi (left foot forward front stance); steps forward with Chudan Oi Zuki (mid section lunge punch) 5x
 - Defender steps back (right foot first) into Soto Ude Uke (outside block)* 5x then Gyaku Zuki (reverse punch)
- **Go Han Kumite** 5 Step Sparring; **Gedan** (Lower Level)
 - Attack in Zenkutsu Dachi (left foot forward front stance); steps forward Mae Geri (Front Snap Kick) 5x
 - Defender steps back (right foot first) into Gedan Barai (low block) 5x then Gyaku Zuki (reverse punch)
- All Basics from a fighting stance
- Self Defense: Choke Release
- Tai Sabaki Movements 5 through 8



Tai Sabaki Movements 5 through 8
Practice with real or imaginary opponent

General Knowledge

There are five **Heian** Katas. All of them are considered Shorin-Ryu style katas. "Hei" means flat, even, level, calm, peaceful. "An" means safe, stable, easy. Some describe the kata translation as "Peaceful Mind."

Yasatsune Itosu taught the five **Heian** katas. Itosu was Funakoshi's teacher.

Kata Facts

Heian Shodan

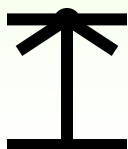
Meaning:

Peaceful Mind #1

New Techniques:

- Dachi: Kokutsu
- Uke: Age Uke, Shuto Uke
- Zuki: Tettsui Uchi
- Moves: 21
- Time: ~1 minute

Embusen:



KATA (Form)

Stripe 3

Heian Shodan (Peaceful Mind #1) - No Count

