

TERMS

Moroto - Augmented
(usually two hands
used)

Hidari - Left side

Migi - Right side

FREE SPARRING

- Switch angles of attack and retreat
- Change Tactics
- Study Opponent
- Work on Balance, Coordination, Flexibility

SELF DEFENSE

Hair Grabs

- Front and Rear

Kaiten (Rolls)

- Rolling Forward

Ukemi (Falls)

- Rear Break Fall

Kansetsu-waza

(Joint Lock)

- Omote Gyaku (pronating wrist lock)
- Ura Gyaku (adductive wrist lock)

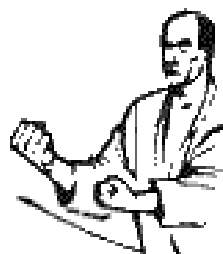
KIHON (Basics)

Stripe 1

Technique	Stance	Procedure
Oi Zuke Stepping Lunge Punch	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
Uraken Uchi Backfist	Zenkutsu Front Stance	Stepping forward and Stepping Back
Tettsui Uchi Downward Hammer Fist	Zenkutsu Front Stance	Stepping forward and Stepping Back
Morote Uke Augmented Two Handed Block	Zenkutsu Front Stance	Stepping forward and Stepping Back



Uraken Uchi
Backfist



Morote Uke
Augmented
2-Hand Block



Mae Geri Kekomi
Front thrust kick

JOINT LOCKS

Used for Self Defense from Lapel Grabs

Omote gyaku - turn hand palm up, grab like a hamburger and put pressure between ring finger knuckle and middle finger knuckle to bend wrist; pull opponent down in circular movement

Ura gyaku - self defense from front collar grab (grab wrist, turn thumb downward, bend wrist upward towards the opponent's body. This is wristlock is termed 'adductive,' meaning to turn in toward the body.

FITNESS

- Run 3/4 mile
- Situps: 20
- Pushups: 12
- Jumping Jacks: 40

KUMITE (Sparring)

Stripe 2

KIHON IPPON KUMITE #1

Basic Attack Sparring; Defense starts in natural stance

	Dachi Waza Stance	Uke Waza Block	Uchi Waza Strike
JODAN Attacker	Oi zuki High lunge punch (start from zenkutsu dachi, front stance)		
Defender	Zenkutsu Step back with R. Foot, L. Foot Forward Front Stance	Age Uke Upper Block	Gayaku Zuki Reverse Punch
CHUDAN Attacker	Oi zuki Mid lunge punch (start from zenkutsu dachi, front stance)		
Defender	Zenkutsu Step back with R. Foot, L. Foot Forward Front Stance	Soto Ude Uke Outside Block	Gayaku Zuki Reverse Punch
GEDAN Attacker	Mae Geri Kekomi Front thrust kick (start from zenkutsu dachi, front stance)		
Defender	Zenkutsu Step back with R. Foot, L. Foot Forward Front Stance	Gedan Barai Uke Low Block	Gayaku Zuki Reverse Punch

All Basics list above from a fighting stance

SELF DEFENSE:

- Demonstrate Back Break Fall
- Demonstrate Forward Roll
- Demonstrate **Omote Gyaku**
- Demonstrate **Ura Gyaku**



Omote gyaku
Pronating wristlock



Ura gyaku
Adductive wristlock

General Knowledge

Yasatsune Itosu taught the five **Heian** katas to Funakoshi.

Heian Nidan is credited to Itosu's instructor, Sokon "Bushi" Matsumura. Matsumura served as a royal bodyguard for over 50 years at the Shuri Castle.

Matsumura is the inventor of linear karate. As a royal bodyguard, Matsumura was interested in quick effective techniques causing the most damage to opponents. Prior to this style of martial arts, hand-to-hand defense emphasized control of an opponent and not to necessarily maim the opponent. Fortunately, most people, outside of law enforcement and security, do karate for fun.

Kata Facts

Heian Nidan

New Techniques:

- Uke: Haiwan Uke, Ude Uke, Uraken Uke, Te Osae Uke, Uchi Uke
- Zuki: Ura Zuki, Ura-ken Uchi,
- Gyaku Zuki
- Geri: Yoko Geri, Mae Geri

Moves: 21

• Time: ~1 minute

Embusen:



KATA (Form)

Stripe 3

Heian Nidan (Peaceful Mind #2) - No Count

