

Heian Shodan

#	Technique	Translation	Stance	Target	Notes
1	gedan-barai	down block	zenkutsu-dachi	gedan	
2	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
3	gedan-barai	down block	zenkutsu-dachi	gedan	
4	kentsui-tate-mawashi-uchi	vertical hammer-fist strike	zenkutsu-dachi	--	target collarbone
5	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
6	gedan-barai	down block	zenkutsu-dachi	gedan	
7	age-uke	rising block	zenkutsu-dachi	jodan	
8	age-uke	rising block	zenkutsu-dachi	jodan	
9*	age-uke	rising block	zenkutsu-dachi	jodan	
10	gedan-barai	down block	zenkutsu-dachi	gedan	
11	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
12	gedan-barai	down block	zenkutsu-dachi	gedan	
13	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
14	gedan-barai	down block	zenkutsu-dachi	gedan	
15	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
16	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
17*	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
18	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
19	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
20	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
21	shuto-uke	knife-hand block	kokutsu-dachi	chudan	