

A 4th kyu student exhibits good energy generation, reasonable accuracy, and perfect stances. He performs all the *Heian* katas powerfully and accurately, but in a flowing manner.

Key Performance Points:

Hip leading everything, correct breathing, understands the correct energy generation for each technique

Kata

Heian Godan

Basics

1. **4 times moving forward**
 - a. *jōdan oi zuki*
Step into a lunge punch (front stance), 60% energy
 - b. *gyaku zuki*
Reverse punch (front stance), 30% energy
 - c. *oi zuki*
Lunge punch (front stance), 100% energy
2. **4 times moving backward**
 - a. *age uke*
Step back into a rising block (front stance)
 - b. *mae ashi geri*
Front snap kick with the front foot, land in front stance
 - c. *gyaku zuki*
Reverse punch (front stance)
3. **4 times moving forward**
 - a. *shutō uchi*
Step into a knife-hand strike (front stance)
 - b. *gyaku empi uchi*
Reverse elbow strike (front stance)
4. **4 times moving backward**
 - a. *uchi uke*
Step back into an inside block (front stance)
 - b. *kizami zuki*
Jab with the blocking arm (front stance)
 - c. *gyaku zuki*
Reverse punch (front stance)
5. **5 times moving forward, then turn around**
 - a. *shutō uke*
Step into a knife-hand block (back stance)
 - b. *mae ashi geri*
Front snap kick with the front foot, land in front stance
 - c. *nukite*
Reverse spear-hand strike (front stance)
6. **5 times moving forward, then turn around**
 - a. *mae ashi geri*
Front snap kick with the front foot, land in front stance
 - b. *oi zuki*
Step into a lunge punch (front stance)
7. **5 times moving forward, then turn around**
 - a. *mae ashi geri*
Front snap kick with the front foot, land in front stance
 - b. *jōdan mae geri*
Front snap kick with the back foot to the head, land in front stance
8. **5 times moving forward, then turn around**
 - a. *mawashi geri*
Roundhouse kick with the back foot, land in front stance
 - b. *gyaku zuki*
Reverse punch (front stance)
9. **3 times moving sideways, then turn around, then repeat**
 - a. *yoko geri keage*
Side snap kick, land in horse stance
10. **3 times moving sideways, then turn around, then repeat**
 - a. *yoko geri kekomi*
Side thrust kick, land in horse stance
11. **5 times moving forward, then turn around**

- a. *ushiro geri*
Back thrust kick with the back foot, land in front stance
- 12. **5 times moving forward, then turn around**
 - a. *mae ashi yoko geri kekomi*
Side thrust kick with the front foot, land in front stance
 - b. *oi zuki*
Step into a lunge punch (front stance)
- 13. **4 times in place, twice per side**
 - a. *mae geri*
Front snap kick, do not touch down
 - b. *ushiro geri*
Back thrust kick, touch down
- 14. **5 times in place per side, to a single point**
 - a. *gyaku zuki*
Reverse punch from a stationary position to a stationary target (front stance)

Kumite

- 1. **sambon kumite**
Three-step sparring (front stance)
 - a. *jōdan oi zuki / age uke*
Alternate attacking with a lunge punch to the head and receiving with a rising block
 - b. *oi zuki / ude uke*
Alternate attacking with a lunge punch and receiving with an outside block
 - c. *mae geri / gedan barai*
Alternate attacking with a front snap kick and receiving with a downward block
- 2. **ippon kumite**
One-step sparring (front stance)
 - a. *jōdan oi zuki / age uke*
- 3. **go no sen**
After-the-before movement and timing (fighting position)
 - a. *age uke / gyaku zuki*
Defend against a lunge punch to the head and counter with a reverse punch
 - b. *ude uke / gyaku zuki*
Defend against a lunge punch and counter with a reverse punch
 - c. *gedan barai / gyaku zuki*
Defend against a front snap kick and counter with a reverse punch
- 4. **3 times**
 - a. *oi zuki*
Attack with a stepping lunge punch (fighting position)
- 5. **3 times**
 - a. *gyaku zuki*
Attack with a stepping reverse punch (fighting position)
- 6. **3 times**
 - a. *mae geri*
Attack with a stepping front snap kick (fighting position)