

# Heian Godan



**Yoi**



**1- Hidari Chudan Uchi Uke  
Kokutsu Dachi**



**2- Migi Chudan Gyaku Tsuki  
Kokutsu Dachi**



**3- Hidari Kagi Tsuki Kamae  
Heisoku Dachi**



**4- Migi Chudan Uchi Uke  
Kokutsu Dachi**



**5- Hidari Chudan Gyaku Tsuki  
Kokutsu Dachi**



**6- Migi Kagi Tsuki Kamae  
Heisoku Dachi**



**7- Migi Morote Uke  
Kokutsu Dachi**



**8- Hidari Gedan Juji Uke  
Zenkutsu Dachi**



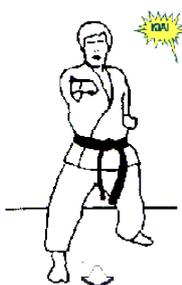
**9- Hidari Jodan Haishu Juji Uke  
Zenkutsu Dachi**



**10- Hidari Chudan Osae Uke  
Zenkutsu Dachi**



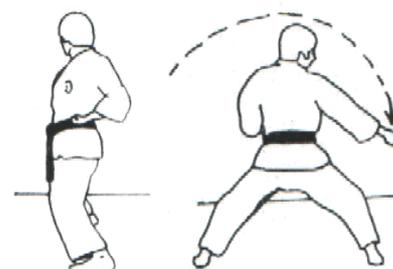
**11- Hidari Yoko Tsuki  
Zenkutsu Dachi**



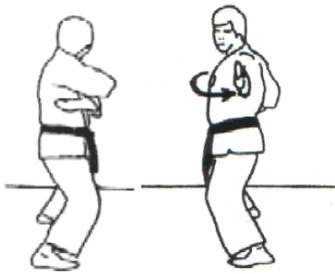
**12- Migi Chudan Oi Tsuki  
Zenkutsu Dachi**



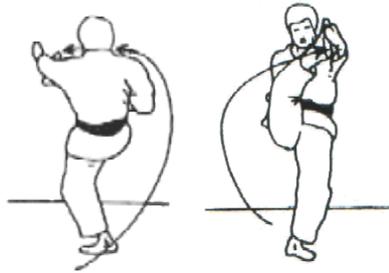
**13- A Migi Fumikomi**



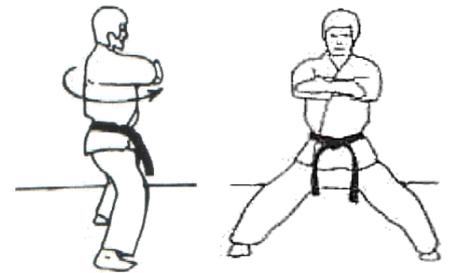
**13- Migi Gedan barai  
Kiba Dachi**



**14- Hidari Chudan Haishu Uke  
Kiba Dachi**



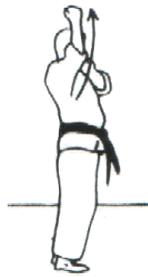
**15- Migi Mikazuki Geri**



**16- Migi Mawashi Empi  
Kiba Dachi**



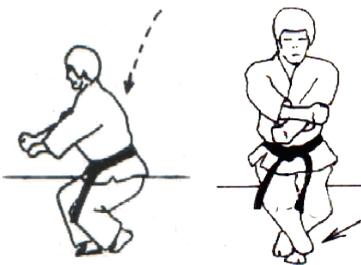
**17- Migi Chudan Morote Uke  
Kosa Dachi**



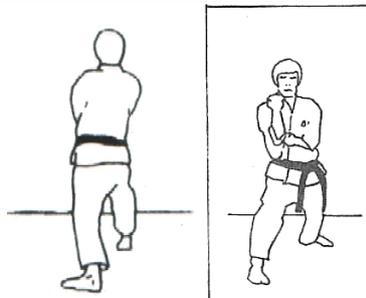
**18- Migi Jodan Ura Tsuki Age  
Renoji Dachi**



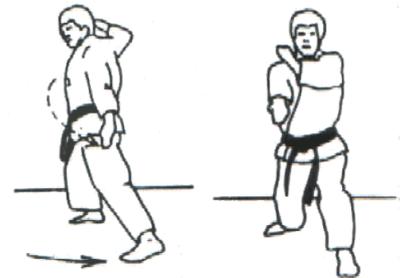
**Tobi**



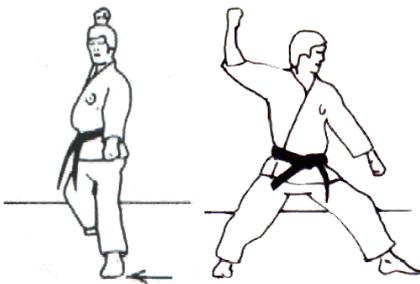
**19- Migi Gedan Juji Uke  
Kosa Dachi**



**20- Migi Morote Uke  
Zenkutsu Dachi**



**21- Hidari Nagashi - Migi Gedan Nukite  
Zenkutsu Dachi**



**22- Hidari Manji Uke  
Kokutsu Dachi**



**23- Hidari Manji Uke Kamae  
Heisoku Dachi**



**24- Migi Manji Uke Kamae  
Heisoku Dachi**



**25- Migi Nagashi - Hidari Gedan Nukite  
Zenkutsu Dachi**



**26- Migi Manji Uke  
Kokutsu Dachi**



**Yame**