

# HEIAN YONDAN



Embusen



Rei



Kamae



1. Haiwan uke →



2. Haiwan uke



3. Yuyi uke ↓



4. Morote uke ↓



5A. Kamae ↓



5B. Yoko keage Uraken



6. Empi uchi →



7A. Kamae ←



7B. Yoko keage Uraken



8. Empi uchi ←



9A. Age shuto Gedan Shuto



9B. Shuto uchi ↓ Age shuto



10. Mae geri



11. Tate uraken KIAI ↓



12. Kakiwake uke ↘



13. Mae geri



14. Oi zuki ↙



15. Gyaku zuki



16. Kakiwake uke ↗



17. Mae geri



18. Oi zuki ↗



19. Gyaku zuki



20. Morote uke ↑



21. Morote uke ↑



22. Morote uke ↑



23A. Atama tsukami



23B. Hiza geri KIAI ↑



24. Shuto uke



25. Shuto uke ↓



26. Kamae



27. Rei