

Basic Kata of the Month:

Heian Sandan



“Peaceful and Safe #3” 平安参段

Heian Sandan introduces a number of unusual techniques showcasing practical applications including arm locks, releases, twists, and throws. It also debuts techniques performed slowly (osoi), encouraging students to achieve a higher level of physical and mental control. Students should pay close attention to the form of their kiba dachi stances when performing this kata.