

Basic Kata of the Month:

Heian Yondan



shuhari
institute 

“Peaceful and Safe #4” 平安四段

This kata's four signature kick-strike combinations are an exciting challenge to perform with speed and power. Its slow movements are also a unique challenge for students at this level to perform with proper form. The modern-day version we practice is styled by Okinawan Master Anko Itosu and its Okinawan name is Pinan Yondan.