

## Heian 1- 5 Freestyle Application

1 defender (1), 3 attackers (A, B, C) All 4 people begin in freestyle position left leg forward (hidari kumite dachi)

A   B   C  
1

### From Heian Shodan:

- All 3 attacking positions step in toward defender right zenkutsadachi, chudan oizuki
- Defender pivots toward Attacker A performing gedan barai, chudan oizuki – pivot on front foot, spinning toward the left 180 degrees (between Attacker A and B)
- Attacker C steps in grab's Defender's right wrist with their left hand
- Defender escapes the grab, tettsui with right arm to the attacker's collarbone area then step in left zenkutsadachi chudan oizuki (Moves 3-5 in Heian 1)
- Attacker B steps in and attacks right zenkutsadachi, chudan oizuki, then in place, left chudan gyaku zuki
- Defender shift left leg toward opponent into right kokutsadachi shuto uke; using left arm block second punch and step in right shuto uchi neck and slide arm down to attacker's left arm into cover position

### From Heian Nidan:

- Attacker A steps into right zenkutsadachi, right jodan oizuki
- Defender pivots feet to right kokutsadachi, arm positions like first move Heian 2.
- Next, using right arm perform tettsui to the left side of the attacker's face then pivot 180 spinning toward the left finishing in left kokutsadachi, right gedan tettsui (finishing position is very close to attacker A)
- Attacker B steps in right zenkutsadachi, chudan oizuki Defender steps back with the right foot into left zenkutsadachi, right gyaku ude uke.
- Then, right leg mae geri and step in, then left chudan gyaku zuki
- Attacker C performs right mae geri chudan and stepping forward, right jodan oizuki
- Defender steps back with right leg, left gedan barai and left age uke – grab attacker's right wrist with left hand and step in using age uke to break elbow

### From Heian Sandan:

- Attacker A steps in right zenkutsadachi, chudan oizuki
- Defender pivots to left, right kokutsadachi and left chudan ude uke; step forward with right foot toward left side of opponent into right zenkutsadachi while striking face and then groin with right arm (moves 2 and 3 of Heian 3)
- Attacker C steps in and grabs both wrists of Defender
- Defender bring arms together across body to release grasp, spin to left, striking left empi uchi to the body and right punch to the face (last move Heian 3)
- Attacker B steps in right zenkutsadachi, jodan oizuki

- Defender continues spinning in same direction, blocking jodan punch with right soto uke followed by left empi uchi body and right punch face (Defender is very close to the attacker)

#### **From Heian Yondan:**

- Attacker A steps in right zenkutsadachi, jodan oizuki
- Defender block continues spinning then stepping out into right kokutsadachi, double open hand block (move 1 in Heian 4), then moving right foot to left foot strike right shuto uchi neck level
- Attacker C steps in right zenkutsadachi, jodan oizuki Defender performs chudan yoko geri keage, left arm uraken jodan blocking the face punch then stepping down into left zenkutsadachi strikes body with right empi uchi (move 5 from Heian 4)
- Attacker B steps in right zenkutsadachi attempts to grab the Defender's head
- Defender steps back with right leg into left zenkutsadachi, reach inside attacker's arms to grab face then bring attacker's head down and strike it with the right knee

#### **From Heian Godan:**

- Attacker A steps in right zenkutsadachi, chudan oizuki Defender turns toward the left 180 degrees into right kokutsadachi, left arm chudan ude uke then right arm gyaku zuki performing yori ashi if necessary – grab opponent's right arm with tiger mouth and pull to unbalance them, perform left kage zuki to the body and then use them as shield against Attacker C
- Attacker C performs right leg mae geri, jodan zuki, then in position left arm chudan zuki and right arm gedan zuki
- Defender steps back with right leg into left zenkutsadachi, performs juju uke gedan then jodan, bring block down into double open-handed pressing block then left arm gedan barai/zuki, finally step in right zenkutsadachi, chudan oizuki
- Attacker B attempts to sweep Defender's right leg with their right leg
- Defender jumps and spins as in Heian 5 (to the left), then lands and strikes juju uchi gedan