



# Heian Applications

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Attacker starts in a Zenkutsu Dachi Kamae position with the right leg back  
Defender starts every application in a Yoi position or in Heiko Dachi

- A: Mae Geri with right leg with no step**  
**D:** Move out the way to the right with left Gedan Uke into Zenkutsu Dachi, step forward into right Sanchin Dachi and punch the chest

A: Change the legs
- A: Mae Geri with left leg and step forward into Zenkutsu Dachi**  
**D:** Move out the way to the left with right Gedan Uke into Zenkutsu Dachi  
**A: Grab wrist with left hand**  
**D:** Slide right foot halfway back, break out and hit with hammer fist across the nose, step forward into left Sanchin Dachi and punch the chest

A: Change the legs
- A: Mae Geri with right leg, step forward into Zenkutsu Dachi and punch face with right hand**  
**D:** Move out the way to the right with left Gedan and Age Uke into Zenkutsu Dachi, grab arm, step forward into right Sanchin Dachi and apply an arm lock

A: Change the legs
- A: Left punch to the chest with a step into Zenkutsu Dachi**  
**D:** Move out the way to the left with right Hike Uke into Cat Stance, step forward into left Cat Stance and strike with Reverse Shuto Uchi