

Heian Yondan is the fourth kata in the Heian series of katas in Shotokan Karate. It builds upon the foundation laid in Heian Shodan, Heian Nidan, and Heian Sandan, incorporating more advanced techniques and concepts. Heian Yondan emphasizes fluidity of movement, balance, and precision. This kata includes techniques such as punches, kicks, blocks, and transitions performed in a set sequence. Practicing Heian Yondan helps further develop one's understanding of timing, power generation, and the integration of upper and lower body movements. It is an important kata in the progression of karate training.