

Heian Godan is the fifth and final kata in the Heian series, which is a set of kata in Shotokan karate. It is also practiced in other karate styles. The Heian kata series is typically learned by beginners and serves as a foundation for more advanced kata. Heian Godan consists of a series of complex movements, including various strikes, blocks, and combinations. Its performance requires focus, precision, and proper execution of techniques.