

Heian Sandan is the third kata in the Heian series of katas in Shotokan Karate. It continues to build upon the techniques learned in Heian Shodan and Heian Nidan, introducing new movements and combinations. Heian Sandan emphasizes the use of hip rotation, coordination of upper and lower body, and the incorporation of turning techniques. This kata further develops the practitioner's understanding of stances, strikes, blocks, and transitions. Practicing Heian Sandan helps refine technique, enhance focus, and develop a deeper understanding of body dynamics within karate.