

Heian Nidan is the second kata in the Heian series of katas in Shotokan Karate. It builds upon the foundational techniques learned in Heian Shodan, incorporating additional movements and combinations. Heian Nidan includes techniques such as blocks, strikes, kicks, and transitions, all performed in a predetermined sequence. Practicing this kata helps improve coordination, timing, and fluidity of movement. It is an essential kata for advancing karate practitioners.