

# Heian II

## Chumbi

1. Chamber hands to right side stepping into left cat stance with left vertical block and right horizontal block.
2. Step forward into left back stance with right close punch to lower ribs.
3. Pivot 90 degrees right into saddle leg stance with left side middle attack.
4. Chamber hands to left side stepping into right cat stance with right vertical block and left horizontal block.
5. Step forward into right back stance with left close punch to lower ribs.
6. Pivot 90 degrees left into saddle leg stance with right side middle attack.
7. Pivot right 90 degrees into point of balance chambering hands to left ending with right middle block to right side.
8. Right side snap kick to opponents head landing in left back stance with double high knife hand blocks.
9. Step into right forward stance with right horizontal block.
10. Step into left forward stance with left horizontal block.
11. Step into right forward stance with right horizontal block. **KIA**
12. Left foot drops to right side of body with double knife hand blocks to right side.
13. Reverse pivot left 270 degrees into left cat stance with double knife hand strikes to collar bone.
14. Pivot right 45 degrees into right cat stance with double knife hand strikes to collar bone.
15. Pivot right 135 degrees into right cat stance with double knife hand strikes to collarbone.
16. Pivot left 45 degrees into left cat stance with double knife hand strikes to collarbone.
17. Pivot left 45 degrees into left forward stance while parrying opponents punch with left hand into right middle block (Hooking opponents punch with your fist)
18. Front snap kick with right leg to solar plexus landing in right forward stance with left front punch to solar plexus.
19. Hook opponents punch with left middle block.
20. Front snap kick with left leg to solar plexus landing in left forward stance with right front punch to solar plexus.
21. Step into right forward stance with right augmented middle block.
22. Left foot drops to right side of body with double knife hand blocks to right side.
23. Reverse pivot 180 degrees into left forward stance with left lower sweeping block.
24. Step 45 degrees into right forward stance with right horizontal block.
25. Reverse pivot 135 degrees into right forward stance with right lower sweeping block.
26. Step 45 degrees into left forward stance with left horizontal block.
27. Reverse pivot 45 degrees with left leg into bow.