

002-2: Kihon Ido

Basics with movement - taking individual strikes & combinations and applying movement to them.

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002-2000: Summary, Purpose, and Drills

Introduction to Kihon Ido

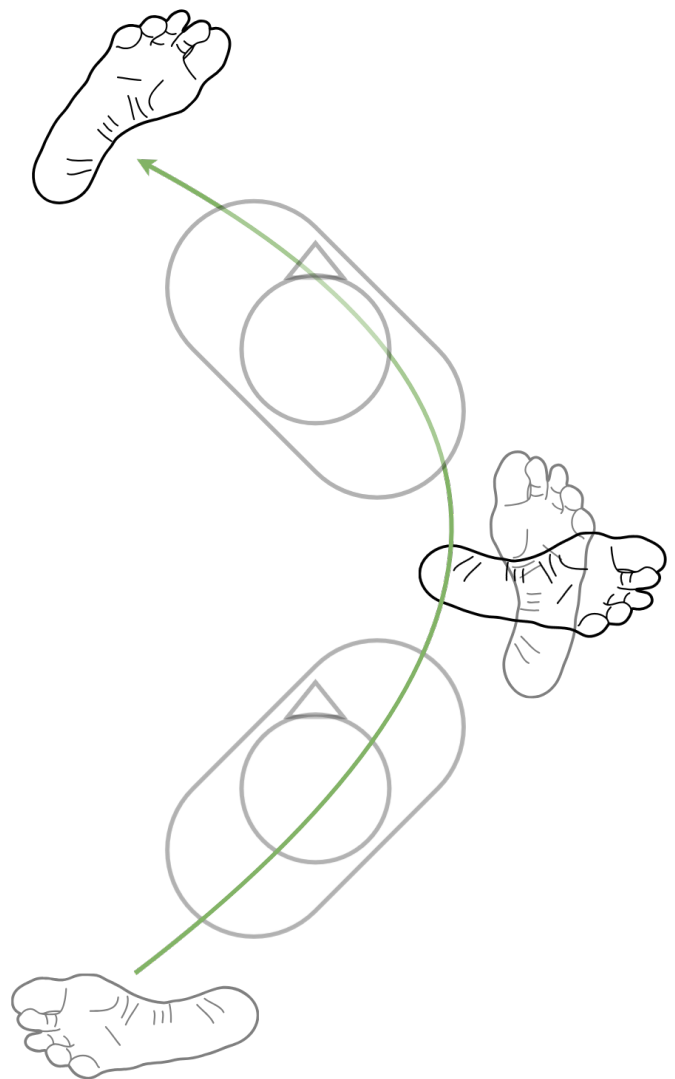
Kihon Ido translates as Basics (or Foundations) with Movement and, similar to a Kata, has the student moving from position to position without a partner.

There are 3 prescribed sequences, however adapting other drills in a similar fashion can be quite beneficial to understanding the bunkai behind it.

Moving in Stances

In the early stages of training, Kihon Ido is used to aid students in drilling movements between their different stances.

The goal is to use as little energy as possible while remaining steady, therefore “crescent walk” is used. Keeping the foot close to the ground, it crosses our midline and returns out to the correct width (forming a crescent.) When switching from one stance to another, your head should move smoothly if it changes height (e.g: smoothly down while moving from short to lower stance.)



Variations & Training

The most common ways for Kihon Ido to be drilled are a combination of the following:

- Repeat each count individually, moving forward to the end of the dojo then repeating while moving backwards, changing the leading foot as you do so.
- Completing the sequence in order, adding a mawate turn and repeating to return to the starting point.
- Repeating an individual count or the full sequence stationary, switching feet.

Additionally, the instructor can introduce equipment to aid in drilling a certain aspect, such as strength bands to train & condition working with/against force.

Kihon Ido Ich & Ni can be drilled quite easily together, as the count is identical, however San does require an extra count in each part.

002-2001: Kihon Ido Ich

Summary

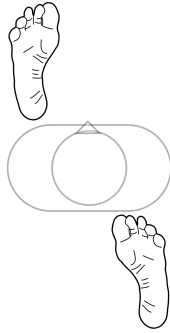
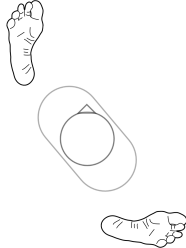
The first of the kihon-ido patterns, this is designed to aide students in matching the block/strike/kick with it's corresponding stance.

A note on stances: as with all kihon-ido documentation, the stance diagrams will all have the left foot in front. This is to save confusion when practicing, as each movement could be done on either side depending on how it is drilled.

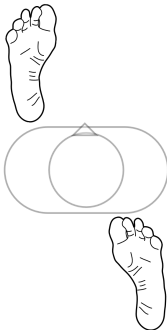
Type	Pattern
Sub-Type	Kihon Ido
Introduced at	8th Kyu (Yellow)

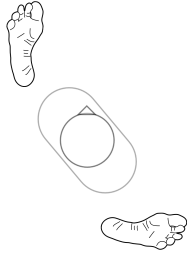
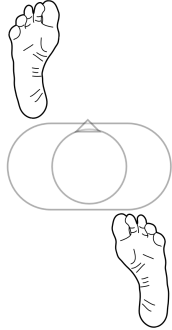
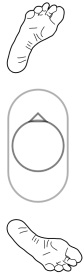
Section A - Blocking

Count	Movement	
<i>Kamae</i>	<i>Left foot short stance</i> <i>Left hand middle block</i>	
1	Step to short stance Upper block	

Count	Movement	
2	Step to lunging stance Front middle block	
3	Step to 45° lower stance Front lower block	
4	Step to short stance Front middle-lower block	

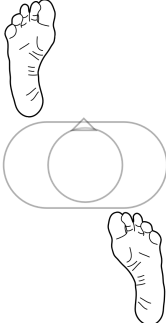
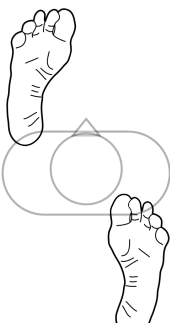
Section B - Striking

Count	Movement	
Kamae	Left foot short stance	
1	Step to short stance Upper (Jodan) punch	
2	Step to lunging stance Middle (Chudan) punch	

Count	Movement	
3	Step to 45° lower stance Lower (Gedan) punch	 A diagram showing a 45-degree lower stance. The front foot is stepped forward and slightly to the side, with the knee bent. The back foot is flat on the ground. A circle with a triangle inside represents the Gedan punch, positioned in front of the front foot.
4	Step to lunging stance Front elbow strike	 A diagram showing a lunging stance. The front foot is stepped forward, with the knee bent and the foot flat on the ground. The back foot is flat on the ground. A circle with a triangle inside represents the front elbow strike, positioned in front of the front foot.
5	Step to 90° lower stance Lower (Gedan) punch	 A diagram showing a 90-degree lower stance. The front foot is stepped forward, with the knee bent and the foot flat on the ground. The back foot is flat on the ground. A circle with a triangle inside represents the Gedan punch, positioned in front of the front foot.

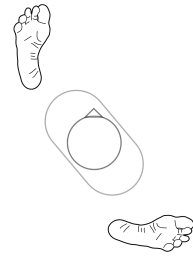
Section C - Kicking

Count	Movement
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<i>Kamae</i>	<i>Left foot short stance</i> <i>Left kumite-no-kamae</i>	 A line drawing showing the left foot in a short stance. The foot is positioned with the toes pointing forward and slightly inward, with the heel resting on a horizontal line representing the ground. A small circle is drawn around the ball of the foot, and a larger circle is drawn around the entire foot, indicating the stance's width and depth.
1	Front kick Land into short stance	 A line drawing showing the left foot in a short stance, identical to the first diagram. The foot is positioned with the toes pointing forward and slightly inward, with the heel resting on a horizontal line representing the ground. A small circle is drawn around the ball of the foot, and a larger circle is drawn around the entire foot, indicating the stance's width and depth.
2	Front kick Land into lunging stance	 A line drawing showing the left foot in a lunging stance. The foot is positioned with the toes pointing forward and slightly inward, with the heel resting on a horizontal line representing the ground. A small circle is drawn around the ball of the foot, and a larger circle is drawn around the entire foot, indicating the stance's width and depth.
3	Roundhouse kick Land into fighting stance	 A line drawing showing the left foot in a fighting stance. The foot is positioned with the toes pointing forward and slightly inward, with the heel resting on a horizontal line representing the ground. A small circle is drawn around the ball of the foot, and a larger circle is drawn around the entire foot, indicating the stance's width and depth.

4

Knee-joint kick
Land into 45° lower stance



002-2002: Kihon Ido Ni

Summary

Kihon Ido Ni builds from the first pattern, adding counters and new techniques. The count to this is the same as Kihon Ido Ich, so can be drilled along side it.

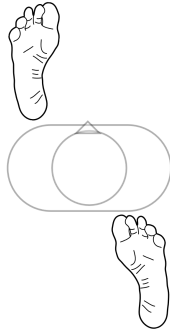
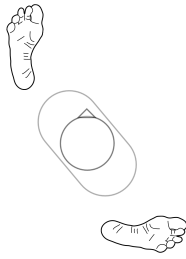
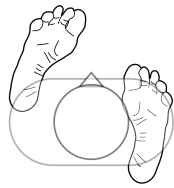
A note on stances: as with all kihon ido documentation, the stance diagrams will all have the left foot in front. This is to save confusion when practicing, as each movement could be done on either side depending on how it is drilled.

Movement: When moving forward in kihon ido, the back foot leads - i.e: if I'm kicking to land forward, it would be off the back foot. When moving backwards, this is reversed - kicking off the front foot to land back.

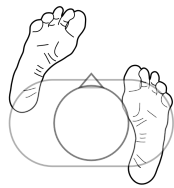
Type	Pattern
Sub-Type	Kihon Ido
Introduced at	5th kyu

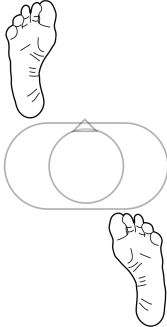
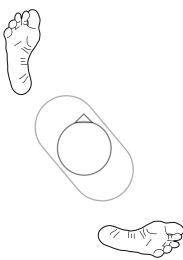
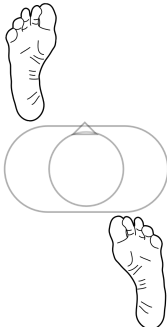
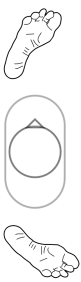
Section A - Defending

Count	Movement	
<i>Kamae</i>	<i>Left short stance</i> <i>Left middle block</i>	
1	Step to short stance Front upper block Switch to reverse middle punch	

Count	Movement	
2	Step to lunging stance Front middle block Switch to reverse upper punch	
3	Step to lower stance Front lower block Switch to reverse lower punch	
4	Step to short stance Front middle-lower block Moroto tsuki (rotating double strike)	

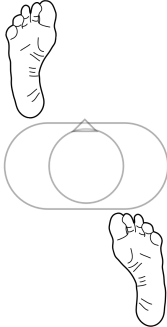
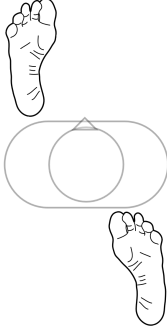
Section B - Attacking

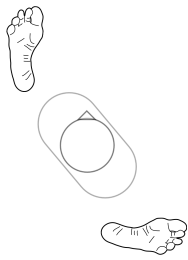
Count	Movement	
<i>Kamae</i>	<i>Left short stance</i> <i>Left middle punch</i>	

Count	Movement	
1	Reverse upper punch ¹ Front kick to short stance	
2	Front kick to lunging stance Front middle punch	
3	Step into 45° lower stance Front round elbow strike, front backfist, lower block, reverse punch	
4	Step into lunging stance Front elbow strike, reverse punch	
5	Step into 90° lower stance Front lower strike, back hand palm block, front backfist (<i>Gedan barai, gamen uruchi [sic]</i>)	

1: The upper punch off the back hand will become a front upper punch once we kick into short stance (i.e: if I'm starting from kamae, I'm punching with my right hand then kicking into a right short stance.)

Section C - Kicking

Count	Movement	
Kamae	Left short stance Left kumite-no-kamae	
1	Front kick Roundhouse kick into short stance ¹	
2	Front kick into lunging stance Front elbow strike, front back-fist, front lower block, reverse middle punch	
3	Side kick into 3/4 stance Reverse middle punch	

Count	Movement	
4	Knee-joint kick into 45° lower stance Back hand upper parry, front hand uppercut, front back-fist, front lower block, reverse punch.	 The diagram illustrates two foot positions. The top position shows a foot angled at 45 degrees, representing a knee-joint kick. The bottom position shows a foot flat on the ground, representing a roundhouse kick.

1: Assuming I'm moving forward, the front kick is off the front foot and the roundhouse is off the back.

002-2003: Kihon Ido San

Summary

The last of the kihon ido series, this pattern is advanced and is introduced at the brown belt level.

Type	Pattern
Sub-Type	Kihon Ido
Introduced at	2nd Kyu

A note on stances: as with all kihon-ido documentation, the stance diagrams will all have the left foot in front. This is to save confusion when practicing, as each movement could be done on either side depending on how it is drilled.

Movement: When moving forward in kihon ido, the back foot leads - i.e: if I'm kicking to land forward, it would be off the back foot. When moving backwards, this is reversed - kicking off the front foot to land back. The foot controlling the movement is described as "leading foot", and the other is "trailing foot."

Section A

Count	Movement	
<i>Kamae</i>	Left foot short stance Left hand kumite-no-kamae	
1	San-bon-tsuki (3 punches, upper/middle/middle) Step to short stance	
2	Upper block, middle punch Front kick into short stance	
3	Leading foot suriashi-dachi Front hand inner deflecting block, reverse upper punch	
4	Trailing foot suriashi-dachi Back hand palm block, front backfist, reverse middle punch Step to short stance	
5	Trailing foot suriashi-dachi Front kick into fighting stance, jab-cross Pull back to kamae	

Section B

Count	Movement
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<i>Kamae</i>	Left foot short stance Left hand kumite-no-kamae	
1	Trailing foot surashi-dachi Jab-cross Step over into fighting stance	
2	Trailing foot lunges forward Front hand backfist, reverse upper punch Front kick into fighting stance	
3	Switch foot into fighting stance Jab-cross	
4	Trailing foot surashi-dachi Leading foot front kick, jab-cross Step over into fighting stance	
5	Step back into 90° lower stance, front lower punch Shuffle up side-kick into fighting stance	
6	Pull back into cat stance, groin kick of trailing foot Front kick off back foot Trailing foot surashi-dachi Jab-cross	