

002-2000: Summary, Purpose, and Drills

Introduction to Kihon Ido

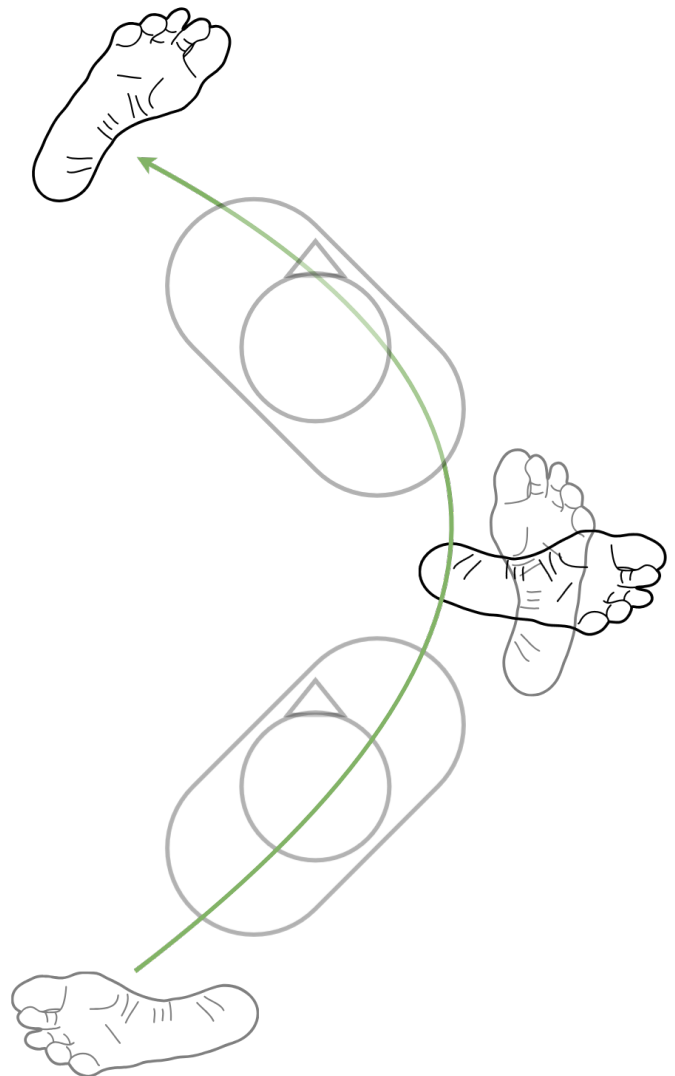
Kihon Ido translates as Basics (or Foundations) with Movement and, similar to a Kata, has the student moving from position to position without a partner.

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.

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