

002-2001: Kihon Ido Ich

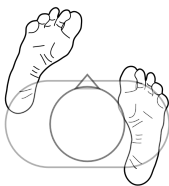
Summary

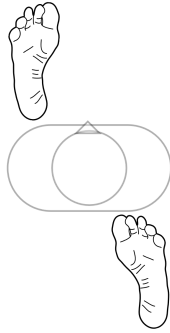
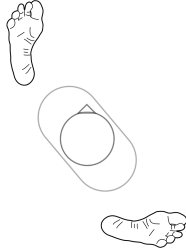
The first of the kihon-ido patterns, this is designed to aide students in matching the block/strike/kick with it's corresponding stance.

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.

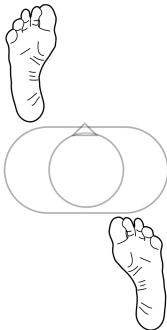
Type	Pattern
Sub-Type	Kihon Ido
Introduced at	8th Kyu (Yellow)

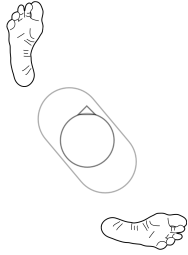
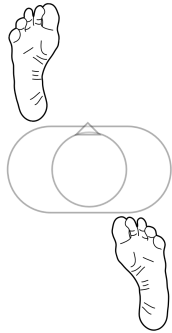
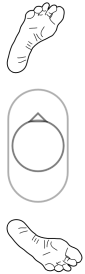
Section A - Blocking

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	

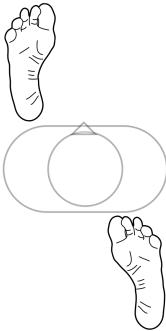
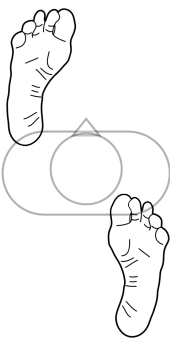
Section B - Striking

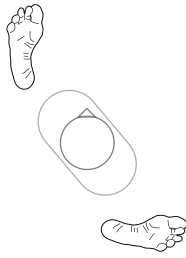
Count	Movement	
Kamae	Left foot short stance	
1	Step to short stance Upper (Jodan) punch	
2	Step to lunging stance Middle (Chudan) punch	

Count	Movement	
3	Step to 45° lower stance Lower (Gedan) punch	
4	Step to lunging stance Front elbow strike	
5	Step to 90° lower stance Lower (Gedan) punch	

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. A circle is drawn around the foot, and a triangle is placed between the foot and the circle.
1	Front kick Land into short stance	 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. A circle is drawn around the foot, and a triangle is placed between the foot and the circle.
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. A circle is drawn around the foot, and a triangle is placed between the foot and the circle.
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. A circle is drawn around the foot, and a triangle is placed between the foot and the circle.

4	Knee-joint kick Land into 45° lower stance	 A diagram illustrating the landing of a knee-joint kick. It shows two footprints: the front foot is positioned forward and slightly to the left, while the back foot is positioned further back and to the right. A circle is drawn around the front foot, and a line connects the center of the circle to the back foot, forming a 45-degree angle. This indicates the landing stance is a 45-degree lower stance.
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