

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.

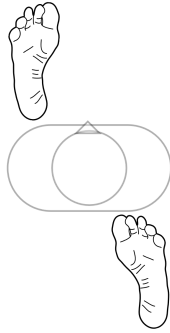
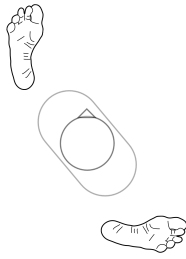
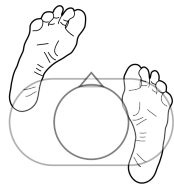
Type	Pattern
Sub-Type	Kihon Ido
Introduced at	5th kyu

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.

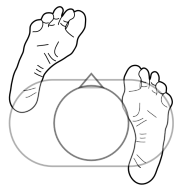
Movement: When moving forward in kihon ido, the back foot leads - i.e: if I'm kicking to land forward, it would be off the back foot. When moving backwards, this is reversed - kicking off the front foot to land back.

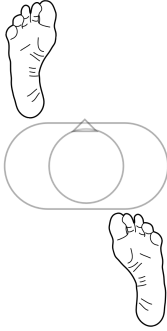
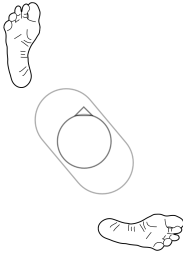
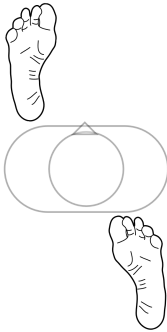
Section A - Defending

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)	

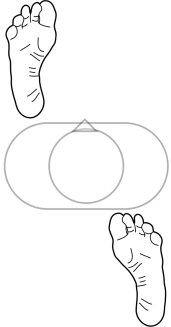
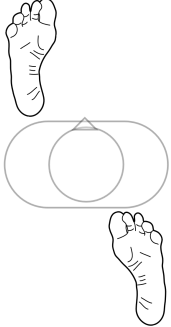
Section B - Attacking

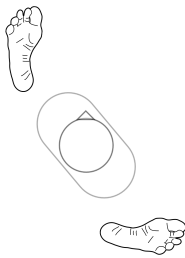
Count	Movement	
<i>Kamae</i>	<i>Left short stance</i> <i>Left middle punch</i>	

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.	

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

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