

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

## Section B

| Count | Movement |
|-------|----------|
|-------|----------|

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

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