

KIHON IDO

Kihon Ido No Ichi

1. Sanchin Dach
2. Zenkutsu Dach
3. Shiko Dach Kyujudo
4. Shiko Dach Yonjugodo

Kihon Ido No Ni

1. Sanchin Dach Chudan Zuki
2. Sanchin Dach Chudan Zuki/ Mae Geri
3. Zenkutsu Dach Jodan Zuki
4. Zenkutsu Dach Empi
5. Shiko Dach Kyujudo Chudan Zuki
6. Shiko Dach Yonjugodo Gedan Zuki
7. Shiko Dach Kyujudo Empi

Kihon Ido No San

1. Shiko Dach Yonjugodo Empi, Uraken, Gedan Barrai, Gyaku Zuki.
2. Shiko Dach Yonjugodo Age Zuki, Uraken, Gedan Barrai Gyaku Zuki.