

**KIHON KEIKO HO (Basic forms practice method)**

**Start with reishiki as for the Nihon kendo no kata.**

<b>Waza</b>	<b>Motodachi</b>	<b>Kakari te</b>
<b>Kihoni Ichi shikake men kote do tsuki</b>	<p>Take three steps to the centre Receive men</p> <p>Chudan, To maai Receive kote Chudan, To maai Receive do Chudan, To maai Step back and receive tsuki</p> <p>Step forward to the centre Separate to the nine step distance.</p>	<p>Take three steps to the centre From issoku itto no maai cut men step back to apply zanshin (20%) Then step back to issoku for kote. Step in and cut kote 2 steps back Step in and cut do 2 steps back Step in and thrust to the throat then immediately pull the hands back to Chudan, To maai 2 steps back Separate to the nine step distance.</p>
<b>Kihon Ni Shikake kote men</b>	<p>Take three steps to the centre Chudan, To maai Receive kote Step back and receive men</p> <p>Step forward to the centre</p> <p>Separate to the nine step distance.</p>	<p>Take three steps to the centre Chudan, To maai Cut Kote Cut men Step back to apply zanshin Step back to Issoku Itto No Maai. Separate to the nine step distance.</p>
<b>Kihon San harai men</b>	<p>Take three steps to the centre Chudan, To maai Receive harai Receive men</p> <p>Separate to the nine step distance.</p>	<p>Take three steps to the centre Chudan, To maai Omote harai Cut men Step back to apply zanshin Step back to centre. Separate to the nine step distance.</p>
<b>Kihon Shi hiki do</b>	<p>Take three steps to the centre Chudan, To maai Receive and deflect men Step in to Tsuba zeriai Resist and push up Raise arms</p> <p>Take a slight step back and lower to Chudan, To maai. Separate to the nine step distance.</p>	<p>Take three steps to the centre Chudan, To maai Cut men. Step in to Tsuba zeriai Push down Step back and cut do Step back to apply zanshin Step back to Issoku Itto No Maai. Separate to the nine step distance.</p>
<b>Kihon Go men nuki do</b>	<p>Take three steps to the centre Chudan, To maai, To maai Cut men Step back to Issoku Itto No Maai and lower to Chudan, To maai, To maai.</p> <p>Step smoothly around to the centre. Separate to the nine step distance.</p>	<p>Take three steps to the centre Chudan, To maai, To maai Step to the right and cut do Step back to Issoku Itto No Maai with a feeling of pulling out the sword, meet in Chudan, To maai, To maai. Step smoothly around to the centre. Separate to the nine step distance.</p>

	distance.	
<b>Kihon Roku kote suriage men</b>	Take three steps to the centre Chudan, To maai, To maai Cut kote  Receive men Step back to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai, To maai Step to the left rear and do suriage (ura side) Step in and cut men Step back to the centre Separate to the nine step distance.
<b>Kihon Shichi Debana kote</b>	Take three steps to the centre Chudan, To maai Step in and raise the point to the left  Step back to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Cut kote (Debana timing)  Step back to apply zanshin Step back to the centre Separate to the nine step distance.
<b>Kihon Hachi men kaeshi do</b>	Take three steps to the centre Chudan, To maai Cut men  Step back to Toma and lower the arms  Step around to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Step to the right and kaeshi do Step back to Toma with a feeling of pulling out the sword Step around to the centre Separate to the nine step distance.
<b>Kihon Kyu do uchiotoshi men</b>	Take three steps to the centre Chudan, To maai Cut do  Receive men Step back to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Step to the left and deflect with uchiotoshi Step in and cut men Step back to the centre Separate to the nine step distance.

**Finish with reishiki as for the Nihon kendo no kata.**