

# kihon

*kihon*

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *unpo ho* – foot and leg movement
- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

*kyu 3*

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *unpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

*kyu 2*

- *sokui-ho* – mae kagi ashi dachi
- *unpo-ho* – kumo ashi (mae, ushiro), sashi komi ashi, sashi kae ashi
- *tai-sabaki* – kushshin
- *kogi* – furi zuki, yoko hiji ate, shoken uchi, dan zuki (me-uchi & chudan zuki), sashi-komi geri, sashi-kae geri
- *bogi* – soto oshi uke, uchi-age uke

*kyu 1*

- *tai gamae* – nio-gamae
- *kogi* – nai wanto uchi, keri-komi, ren-geri, tobikomi-geri
- *bogi* – uchi oshi-uke, dan-uke, uchi otoshi-uke, yoko juji-uke, shita juji-uke
- *shuho* – sankaku-shuho

*kihon: dan 1*

- *kogi* – tobi ren geri
- *bogi* – san rembo

*dan 2*

- *sokui-ho* – neko-ashi
- *tai-gamae* – taiki gamae, gyaku gedan-gamae
- *kogi* – hebi-zuki (snake strike), kaeshi geri, kari-ashi
- *bogi* – hiza-uke, ken-uke

*dan 3*

- *tai-sabaki* – han-tensin, gyaku-tenshin
- *umpo ho* – nisoku-tenkai
- *kogi* – tenkai ren-geri, kari-taoshi
- *bogi* – sukui-uke, sambo-uke
- *shuho* – kubi-jime shuho

*dan 4*

- *kogi* – dan-geri
- *bogi* – hangetsu-uke