

Kihon Ido Ichi: Moving Basics No.1

Open this exercise with standing bow Ritsurei 立礼 from Musubi Dachi 結び立ち.
Transition to Heiko Dachi 平行立ち Yōi 用意, Then take a starting position of left Hidari 左 Sanchin Dachi 三戦立ち Seiken Tsuki 正拳突き per the leaders command. Advance forward 3 or 5 techniques and retreat equally depending on available space. Make 'Kiai 気合' on each final count.

Dachi 立ち or Stance:	Technique:	Execute:
Uke Waza 受け技 or blocking techniques		
1	Sanchin Dachi* ¹ 三戦立ち	Jōdan 上段 Age Uke 揚受け Rising upper block stepping with Sanchin Dachi 三戦立ち
2	Zenkutsu Dachi* ² 前屈立ち	Chūdan 中段 Yoko Uke 横受け Middle level inside to outside circular block (Chūdan Yoko Uke 中段横受け) while stepping Zenkutsu Dachi 前屈立ち
*3	Han-Zenkutsu Dachi 半前屈立ち	Chūdan 中段 Uchi Uke 内受け (Soto Uke 外受け) Middle level outside to inside blocking while stepping to half the distance of Zenkutsu Dachi 半前屈立ち.
3	Shiko Dachi Shikaku 四股立ち斜角 (45°)	Gedan 下段 Harai Uke 払落受け Downward wielding block dropping in a circular lower motion from deep Shiko Dachi 四股立ち
4	Sanchin Dachi 三戦立ち	Jōge Uke 上下受 Middle block and lower block from Sanchin Dachi 三戦立ち. A modern variant of this is also known as: <i>Yoko Uke Shita Barai</i> <i>Yoko Uke Shita Barai</i> is the same as Jōge Uke and the terminology is interchangeable..

¹ Note: Step straight forward and backward when performing an initiation (offensive) motion or technique.
Step circular forward and backward when performing a receiving (defensive) motion or technique.

² The front foot remains stationary when stepping forward or reverse and does not pivot nor project your movement.

³ Supplemental or bonus technique.

Dachi 立ち or Stance:	Technique:	Execute:	
<u>Tsuki Waza 突き技 or striking techniques</u>			
5	Sanchin Dachi 三戦立ち	Sanbon Tsuki (3x Seiken Tsuki 正拳突き)	Basic strike or punch from Sanchin Dachi 三戦立ち. Technique is performed as: <ul style="list-style-type: none"> ● Jōdan 上段 ● Chūdan 中段 ● Chūdan 中段
6	Zenkutsu Dachi 前屈立ち	Chūdan 中段 Hiji Ate 肘当て	Stepping and striking with the elbow. The performers arm is parallel to the floor.
7	Shiko Dachi Chokkaku 四股立ち 直角 (90°)	Gedan 下段 Tettsui Uch 鉄槌打ち (Kentsui Uchi 拳槌打ち) and Jōdan 上段 Ura Uchi 打ち.	Lower hammer fist strike followed by an upper backfist strike.
8	Sanchin Dachi 三戦立ち	Jōdan 上段 Haito Uchi 背刀打ち	Inside knife hand strike.
9	Neko Ashi Dachi 猫足立ち	Jōdan 上段 Furi Uchi 振り打ち or 振打 combined with - Chūdan 中段 Yoko Uke 横受け	Swing strike with knuckles inward.
*4	Heiko Dachi 平行立ち	Ashi Barai 足払い followed by Jōdan 上段 Shuto Uchi 手刀打ち	Outside knife hand strike as performed in Gekisai dai ichi and Gekisai dai ni.

⁴ Supplemental or bonus technique.



Dachi 立ち or Stance:	Technique:	Execute:
Keri Waza 蹴り技 or kicking techniques*⁵		
10	Sanchin Dachi 三戦立ち	Kin Keri 拳丸蹴り Kicking to the groin area. <i>Kin Geri 金蹴り</i> is technically the exact same as Kogan (Kokan) Geri.* ⁶
11	Zenkutsu Dachi 前屈立ち	Mae Geri 前蹴り Front snap kick.
12	Han-Zenkutsu Dachi 半前屈立ち	Mawashi Geri 回し蹴り Roundhouse kick.
13	Shiko Dachi Shikaku 四股立ち斜角 (45°)	Kansetsu Geri 關節蹴り (間接蹴り) Kicking with a stomp to the joint from a diagonal stance.
* ⁷	Han-Zenkutsu Dachi 半前屈立ち	Yoko Geri 横蹴り Circular side kick. Begin by raising the knee forward then, similar to Mawashi Geri, kick to the side of your opponent. This kick is specific to Gōjū-Ryū Karate-Dō. A commonly mistaken variant of this kick is <i>Mawashi Geri 回し蹴り</i> however The variant is Mawashi Geri 回し蹴り.

After the final Keri kata (kicking form), bring the front foot back and perform Naotte 治って and recover to Musubi Dachi. Close this exercise with standing bow Ritsurei 立礼 from Musubi Dachi 結び立ち.

⁵ Transition to a Kumite Kamae 組手構え (hands in fighting posture).

⁶ Note: Kick with the rear foot when advancing (moving forward) and kick with the front foot when retreating (moving backwards).

⁷ Supplemental or bonus technique.