

# KIHONS

## **Kihon No Ichi**

1. Migi Sanchin Dachii Jodan Uke
2. Hidari Zenkutsu Dachii Jodan Mae Geri
3. Migi Sanchin Dachii Chudan Uke
4. Hidari Zenkutsu Dachii Chudan Mae Geri
5. Hidari Zenkutsu Dachii Gedan Uke
6. Heiko Dachii Kin Geri

## **Kihon No Ni**

1. Hidari Sanchin Dachii Jodan Suki
2. Heiko Dachii Sokuto Geri
3. Hidari Sanchin Chudan Suki
4. Heiko Dachii Kansetsu Geri
5. Hidari Sanchin Gedan Suki
6. Hidari Sanchin Dachii Kakato Geri

## **Kihon No San**

1. Hidari Sanchin Dachii Uraken Shomen
2. Hidari Sanchin Dachii Uraken Yoko
3. Hidari Sanchin Dachii Uraken Ushiro
4. Hidari Sanchin Dachii Shuto Uchi
5. Hidari Sanchin Furiken
6. Shiko Dachii Len Suki
7. Migi Sanchin Dachii Chu/Gedan Uke

## **Kihon No Shi**

1. Shiko Dachii Gedan Barraii
2. Hidari Zenkutsu Dachii Sokuto Geri
3. Hidari Sanchin Dachii Nai Shuto
4. Shiko Dachii Age Suki