



- ˘ The purpose of this style of kihon Keiko Ho is to develop and refine the basic Kendo striking/cutting skills and in particular to work on Fumikomi ashi (stamping footwork)
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- ˘ If done with maximum effort it should also be an excellent way to develop stamina.
- ˘ Kakari-te is the person practicing the waza. Moto-dachi acts as the instructor.
- ˘ Kakari te must put in maximum effort and always strive to make large powerful cuts.
- ˘ Motodachi MUST ensure that the distance is always correct when kakari te turns (Toi Maai). This can be done by following the kakari te as they cut through and is necessary for continuity in the practice.

_ Kiri Kaeshi

- ˘ Large cutting action.
- ˘ Done in one breath.

Kihon Ichi; Ippon-uchi no Waza (Men, Kote, Do, Tsuki)

- ˘ Always use seme
- ˘ Accurately and powerfully strike each of the targets.
- ˘ Be carefull of distance

Kihon Ni; Ni-san-dan no Waza (Renzoku-waza; Kote-men)

- ˘ A sharp and continuous cutting action.

Kihon San; Harai-waza (Omote-harai-men)

- ˘ Start with a straight seme
- ˘ Strike at about the half way point of the opponents shinai
- ˘ Strike the men powerfully

Kihon Yon; Hiki-waza (Hiki-do)

- ˘ Men Tsubazeria or Taiattari then Hiki Do.

Kihon Go; Nuki-waza (Men-Nuki-do)

- ˘ Be ready as soon as you turn after the previous waza
- ˘ Step in to Instigate the Men attack
- ˘ Keep good posture

_ Kiri Kaeshi

- ˘ Large cutting action
- ˘ Done in one breath.
- ˘ Ensure a large and powerful shout throughout.