



Kihon Waza
Kihon Ido 1-3
Yakusoku Kumite 1-5



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Overview

Kihon, Kihon Ido and Yakusoku Kumite should be seen as companions to the movements and positions found in Kata.

All movements are derived from Kata either directly or by placing them in combinations students may find useful in Self Defence or Kumite.

Kihon Waza

Kihon may be translated as Basics, Foundations or Fundamentals.

These are the individual movements which are taken from Kata and can be grouped into types of Techniques or “Waza”.

Kihon is generally drilled stationary

Kihon can be categorised into the following

- Seme Waza (Attacking Techniques)
 - Tsuki Waza - Direct Strikes
 - Fists
 - Uchi Waza - Side Hand or Other Strikes
 - Open Hands
 - Elbows
 - Keri Waza - Kicking
 - Knees
 - Feet
 - “Blade” of foot (e.g. Side kick)
- Uke Waza (Techniques of Defence)
 - Dachi - Stance
 - Tenshin Ho - Movement
 - Upper Limb Defence
 - Lower Limb Defence
- Ikibuki (Breathing)
 - In Ikibuki
 - Yoi Ikibuki

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Kihon Ido 1,2,3 Yakusoku Kumite 1,2,3,4,5



Kihon Ido

Kihon Ido translates as Basics (or Foundations) with Movement and, similar to a Kata, has the student moving from position to position without a partner.

Kihon Ido is drilled in various formats either by

- Repeating the sequences as recorded in this document up the dojo, executing a Mawate turn and executing techniques in sequence returning to the starting position.
- Repeating each individual item or combination moving forwards or backwards.
- Repeating the individual items or combinations stationary and switching feet from left to right stance.
- Repeating the sequence stationary and switching feet from left to right stance.

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Yakusoku Kumite

Yakusoku can be translated as Promise and Kumite as Sparring.

Yakusoku Kumite is an agreed set of attacks and responses practiced with a partner.

The purpose of these sequences is to build an understanding of the techniques in Kata and how they are applied with a partner.

Yakusoku Kumite One and Two

These are derived from the Taikyoku Kata and are performed moving forwards and backwards.

These movements keep the opponent directly in front of the student in defiance of a key rule for reading or interpreting Kata - "Keep your opponent in front of you but do not be in front of your opponent".

Therefore these exercises should not be seen as Bunkai for the Taikyoku Kata or even as Sparring practice even though they have the word Kumite in their name.

These exercises are provided to allow a student to develop their hand eye coordination and work with a partner in close proximity and to provide resistance to blocking techniques.

Yakusoku Kumite Three, Four and Five

These are derived from Kata from Gekisai Ich and beyond.

The Uke or defence in these sequences should always have the defender moving offline from the attacker.

The techniques in these sequences can be seen as Kata Bunkai for use in Self Defence and Kumite.

Notes on Documentation

Please keep in mind that

- Kihon Ido does not have which foot (left or right) is forward or backward as the sequence will be drilled on both sides.
- It will state the starting position as left or right
- It will state front hand/foot or back hand/foot where needed for clarification.
- Front matches the forward foot and Back the rear



Kihon Ido 1,2,3 Combined

Part	Ich	Ni	San
	Kamae; Left foot short stance, left hand middle block.	Kamae; Left foot short stance, left hand middle block.	Kamae; Left foot Short Stance, Fighting form
A 1	Step to Short stance Upper Block	Step to Short stance Upper Block Middle Punch	Upper, Middle, Middle triple Punch Step to Short Stance
A 2	Step to Deep lunging stance Middle Block	Step to Deep lunging stance Middle Block Upper Punch	Upper Block, Middle Punch, Front Kick Land in Short Stance
A 3	Step to Lower stance Lower Block	Step to Lower stance Lower Block Lower Punch	Back-foot steps forward Suriashi-dachi to Parallel Stance, Inner-deflecting Block (front hand) Upper Punch
A 4	Step to Short stance Middle and Lower Block	Step to Short stance Middle and Lower Block Moroto Tsuki	Front-foot shuffles Suriashi Dachi to Parallel Stance Back Hand Palm Block Backfist Reverse Middle Punch Back foot steps over to Short Stance
A 5			Front-foot shuffles Suriashi Dachi to Parallel Stance Front Kick landing forward in Fighting stance Jab-Cross, Pull back to Kamae

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Kihon Ido 1,2,3 Yakusoku Kumite 1,2,3,4,5

Part	Ich	Ni	San
	Kamae; Left foot short stance, left hand middle punch.	Kamae; Left foot short stance, left hand middle punch.	Kamae; Left foot Short Stance, Kumite no Kamae
B 1	Upper Punch While Stepping Forward to Short Stance	Upper Punch Front Kick landing forward in Short Stance	Front Foot Shuffles Forward Suriashi Dachi Jab-Cross Step over to Fighting Stance
B 2	Middle Punch While Stepping forward into Lunging Stance	Front Kick Landing forward in Lunging Stance Middle Punch	Front Foot initiates a Lunge Forward Front Hand Backfist Back Hand Upper Punch Kick Front Kick with Back Foot Landing Forward in Fighting Stance
B 3	Lower Punch While Stepping forward into Lower Stance	Round Elbow Strike while Stepping into Lower Stance Backfist, Lower Block, Punch	Pull Back and step over to Fighting Stance (Switch Foot) Jab-Cross
B 4	Front Elbow Strike While Stepping forward into Lunging Stance	Front Elbow Strike While Stepping forward into Lunging Stance Reverse Punch	Front Foot Shuffles Forward Suri Ashi Dachi Front Foot Kicks Front Kick Jab-Cross Step over to Fighting Stance

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B 5	Lower Punch While Stepping into Lower Stance 90 Degrees	Lower Hammer Fist (Tetsui) While Stepping into Lower Stance 90 Degrees Back Hand does rotating Palm Block Front Hand Back Fists	Front Steps back into 90° Lower Stance While Doing Lower Punch Shuffle Forward Side Kick Land in Fighting Stance
B 6			Front Foot Pulls back into Cat Stance Groin Kick off front-foot Front Kick from back foot Front Foot Shuffles Forward Jab-Cross

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Kihon Ido 1,2,3 Yakusoku Kumite 1,2,3,4,5

Part	Ich	Ni	San
	Kamae; Left foot short stance, Kumite No Kamae	Kamae; Left foot short stance, Kumite No Kamae	--- Part 1 Repeats --- Kamae; Left foot Short Stance, Fighting form
C 1	Front Kick into Short Stance	Front Kick, Roundhouse Kick into Short Stance	Upper, Middle, Middle triple Punch Step to Short Stance
C 2	Front Kick into Deep lunging Stance	Front Kick into Deep-Lunging Stance, Elbow, Back-Fist, Lower Block, Middle Punch	Upper Block, Middle Punch, Front Kick Land in Short Stance
C 3	Roundhouse Kick into fighting stance	Side Kick into 3/4 Stance, Reverse Punch	Back-foot steps forward Suriashi-dachi to Parallel Stance, Inner-deflecting Block (front hand), Upper Punch
C 4	Knee-join Kick into 45° Lower Stance	45° Lower Stance, Knee-join Kick, Upper cut, Backfist, Lower Block, Reverse punch	Front-foot shuffles Suriashi Dachi to Parallel Stance Back Hand Palm Block Backfist Reverse Middle Punch Back foot steps over to Short Stance
C 5			Front-foot shuffles Suriashi Dachi to Parallel Stance Front Kick landing forward in Fighting stance Jab-Cross, Pull back to Kamae



Yakusoku Kumite 1

Part A

Kamae: Left Foot Short Stance, Left Middle Punch

	Person A		Person B	
1	Kamae		Kamae	
	Step forward to Right Short Stance	Right Upper Punch	Step backward to Right Short Stance	Right Upper Block
2	Kamae		Kamae	
	Step backward to Right Short Stance	Right Upper Block	Step forward to Right Short Stance	Right Upper Punch
3	Kamae		Kamae	
	Step forward to Right Lunging Stance	Right Middle Punch	Step backward to Right Lunging Stance	Right Middle Block
4	Kamae		Kamae	
	Step backward to Right Lunging Stance	Right Middle Block	Step forward to Right Lunging Stance	Right Middle Punch
5	Kamae		Kamae	
	Step forward to Right Lower Stance	Right Lower Punch	Step backward to Right Lower Stance	Right Lower Block
6	Kamae		Kamae	
	Step backward to Right Lower Stance	Right Lower Block	Step forward to Right Lower Stance	Right Lower Punch

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Kihon Ido 1,2,3 Yakusoku Kumite 1,2,3,4,5

Part B

Kamae: Left Foot Short Stance, Left Middle Punch

	Person A		Person B	
1	Kamae		Kamae	
	Step forward to Right Short Stance	Right Upper Punch	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch
2	Kamae		Kamae	
	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch	Step forward to Right Short Stance	Right Upper Punch
3	Kamae		Kamae	
	Step forward to Right Lunging Stance	Right Middle Punch	Step backward to Right Lunging Stance	Right Middle Block, Left Upper Punch
4	Kamae		Kamae	
	Step backward to Right Lunging Stance	Right Middle Block, Left Upper punch	Step forward to Right Lunging Stance	Right Middle Punch
5	Kamae		Kamae	
	Step forward to Right Lower Stance	Right Lower Punch	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch
6	Kamae		Kamae	
	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch	Step forward to Right Lower Stance	Right Lower Punch

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Kihon Ido 1,2,3 Yakusoku Kumite 1,2,3,4,5

Part C

Kamae: Left Foot Short Stance, Left Middle Punch

	Person A		Person B	
1	Kamae		Kamae	
	Step forward to Right Short Stance	Right Upper Punch	Step backward to Right Short Stance	Right Upper Block
2	Step forward to Right Lunging Stance	Right Middle Punch	Step backward to Right Lunging Stance	Right Middle Block
3	Step forward to Right Lower Stance	Right Lower Punch	Step backward to Right Lower Stance	Right Lower Block, Left Hiki Tsuki
4	Kamae		Kamae	
	Step backward to Right Short Stance	Right Upper Block	Step forward to Right Short Stance	Right Upper Punch
5	Step backward to Right Lunging Stance	Right Middle Block	Step forward to Right Lunging Stance	Right Middle Punch
6	Step backward to Right Lower Stance	Right Lower Block, Left Hiki Tsuki	Step forward to Right Lower Stance	Right Lower Punch

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Kihon Ido 1,2,3 Yakusoku Kumite 1,2,3,4,5

Part D

Kamae: Left Foot Short Stance, Left Middle Punch

	Person A		Person B	
1	Kamae		Kamae	
	Step forward to Right Short Stance	Right Upper Punch	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch
2	Step forward to Right Lunging Stance	Right Middle Punch	Step backward to Right Lunging Stance	Right Middle Block, Left Upper Punch
3	Step forward to Right Lower Stance	Right Lower Punch	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch
4	Kamae		Kamae	
	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch	Step forward to Right Short Stance	Right Upper Punch
5	Step backward to Right Lunging Stance	Right Middle Block, Left Upper punch	Step forward to Right Lunging Stance	Right Middle Punch
6	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch	Step forward to Right Lower Stance	Right Lower Punch



Yakusoku Kumite 2

Also known as Pre Arranged Sparring Ni

Kamae: Left Foot Short Stance, Middle Punch

Section 1 - Part A

Kamae: Left Foot Short Stance, Left Middle Punch

	Person A		Person B	
1	Kamae		Kamae	
	Step forward to Right Short Stance	Right Upper Punch, Left Middle Block, Right Upper Punch	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch
2	Kamae		Kamae	
	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch	Step forward to Right Short Stance	Right Upper Punch, Left Middle Block, Right Upper Punch
3	Kamae		Kamae	
	Step forward to Right Lunging Stance	Right Middle Punch, Left Upper Block, Right Middle Punch	Step backward to Right Lunging Stance	Right Middle Block, Left Upper Punch

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4	Kamae		Kamae	
	Step backward to Right Lunging Stance	Right Middle Block, Left Upper Punch	Step forward to Right Lunging Stance	Right Middle Punch, Left Upper Block, Right Middle Punch
5	Kamae		Kamae	
	Step forward to Right Lower Stance	Right Lower Punch, Left Lower Block, Right Lower Punch	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch
6	Kamae		Kamae	
	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch	Step forward to Right Lower Stance	Right Lower Punch, Left Lower Block, Right Lower Punch

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Section 1 - Part B

Kamae: Left Foot Short Stance, Middle Punch

	Person A		Person B	
1	Kamae		Kamae	
	Step forward to Right Short Stance	Right Upper Punch, Left Middle Block, Right Upper Punch	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch
2	Step forward to Right Lunging Stance	Right Middle Punch, Left Upper Block, Right Middle Punch	Step backward to Right Lunging Stance	Right Middle Block, Left Upper Punch
3	Step forward to Right Lower Stance	Right Lower Punch, Left Lower Block, Right Lower Punch	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch
4	Kamae		Kamae	
	Step backward to Right Short Stance	Right Upper Block, Left Middle Punch	Step forward to Right Short Stance	Right Upper Punch, Left Middle Block, Right Upper Punch
5	Step backward to Right Lunging Stance	Right Middle Block, Left Upper Punch	Step forward to Right Lunging Stance	Right Middle Punch, Left Upper Block, Right Middle Punch
6	Step backward to Right Lower Stance	Right Lower Block, Left Lower Punch	Step forward to Right Lower Stance	Right Lower Punch, Left Lower Block, Right Lower Punch

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Section 2 - Part A

Kamae: Left Foot Short Stance, Kumite No Kamae

	Person A		Person B	
1	Kamae		Kamae	
	Right "Pushing" Front Kick	Land Right Short Stance	Step backward to Right Short Stance	
2	Kamae		Kamae	
	Step backward to Right Short Stance		Right Front Kick	Land Right Short Stance
3	Kamae		Kamae	
	Right "Thrusting" Front Kick	Land Right Lunging Stance	Step backward to Right Lunging Stance	
4	Kamae		Kamae	
	Step backward to Right Lunging Stance		Right "Thrusting" Front Kick	Land Right Lunging Stance
5	Kamae		Kamae	
	Right Low Round Kick	Land Right Lower Stance	Step backward to Right Lower Stance	
6	Kamae		Kamae	
	Step backward to Right Lower Stance		Right Low Round Kick	Land Right Lower Stance

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Section 2 - Part B

Kamae: Left Foot Short Stance, Kumite No Kamae

	Person A		Person B	
1	Kamae		Kamae	
	Right "Pushing" Front Kick	Land Right Short Stance	Step backward to Right Short Stance	Left Front Kick
2	Kamae		Kamae	
	Step backward to Right Short Stance	Left Front Kick	Right Front Kick	Land Right Short Stance
3	Kamae		Kamae	
	Right "Thrusting" Front Kick	Land Right Lunging Stance	Step backward to Right Lunging Stance	Left Front Kick
4	Kamae		Kamae	
	Step backward to Right Lunging Stance	Left Front Kick	Right "Thrusting" Front Kick	Land Right Lunging Stance
5	Kamae		Kamae	
	Right Low Round Kick	Land Right Lower Stance	Step backward to Right Lower Stance	Left Round Kick
6	Kamae		Kamae	
	Step backward to Right Lower Stance	Left Round Kick	Right Low Round Kick	Land Right Lower Stance

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Section 2 - Part C

Kamae: Left Foot Short Stance, Kumite No Kamae

	Person A		Person B	
1	Kamae		Kamae	
	Right "Pushing" Front Kick	Land Right Short Stance	Step backward to Right Short Stance	
2	Right "Thrusting" Front Kick	Land Right Lunging Stance	Step backward to Right Lunging Stance	
3	Right Low Round Kick	Land Right Lower Stance	Step backward to Right Lower Stance	Left "Hiki-Kicky"
4	Kamae		Kamae	
	Step backward to Right Short Stance		Right "Pushing" Front Kick	Land Right Short Stance
5	Step backward to Right Lunging Stance		Right "Thrusting" Front Kick	Land Right Lunging Stance
6	Step backward to Right Lower Stance	Left "Hiki-Kicky"	Right Low Round Kick	Land Right Lower Stance

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Section 2 - Part D

Kamae: Left Foot Short Stance, Kumite No Kamae

	Person A		Person B	
1	Kamae		Kamae	
	Right "Pushing" Front Kick	Land Right Short Stance	Step backward to Right Short Stance	Right Front Kick
2	Left "Thrusting" Front Kick	Land Right Lunging Stance	Step backward to Right Lunging Stance	Left Front Kick
3	Right Low Round Kick	Land Right Lower Stance	Step backward to Right Lower Stance	Right Round Kick
4	Kamae		Kamae	
	Step backward to Right Short Stance	Right Front Kick	Right "Pushing" Front Kick	Land Right Short Stance
5	Step backward to Right Lunging Stance	Left Front Kick	Right "Thrusting" Front Kick	Land Right Lunging Stance
6	Step backward to Right Lower Stance	Right Round Kick	Right Low Round Kick	Land Right Lower Stance



Yakusoku Kumite 3 - San Bon Kumite

Also known as Pre Arranged Sparring San, San Bon Kumite (Three Part Kumite) or Neko Ashi Kumite

Kamae: Left Cat-Stance, Kumite no Kamae

	Attacker		Defender	
1	Kamae		Kamae	
	Step Forward to Left Short Stance	Left Upper Punch	Step to Left Short Stance	Left Upper Block, Right Recoil Punch
	Kamae		Kamae	
	Step Forward to Right Short Stance	Right Upper Punch	Step to Right Short Stance	Right Upper Block, Left Recoil Punch
2	Kamae		Kamae	
	Step Forward to Left Deep Lunging Stance	Left Middle Punch	Step Backward into Left Deep Lunging Stance	Left Shuto Uke, Right Recoil Punch
	Kamae		Kamae	
	Step Forward to Right Deep Lunging Stance	Right Middle Punch	Step Backward into Right Deep Lunging Stance	Right Shuto Uke, Left Recoil Punch

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3	Kamae		Kamae	
	Step Forward to Left Lower Stance	Left Lower Punch	Step Backward into Left Lower Stance	Left Lower Block, Right Recoil Punch
	Kamae		Kamae	
	Step Forward to Right Lower Stance	Right Lower Punch	Step Backward into Right Lower Stance	Right Lower Block, Left Recoil Punch
4	Kamae		Kamae	
	Left Front Kick forward into Left Deep-Lunging		Step Backward into left Deep Lunging Stance	Left Lower Block, Left Backfist
	Kamae		Kamae	
	Right Front Kick forward into Right Deep Lunging Stance		Step Backward into Deep Lunging Stance	Right Lower Block, Right Backfist
5	Kamae		Kamae	
	Step Forward into Left Deep Lunging Stance	Left Middle Punch	Step Backward into left Cat-Stance	Left Kakae-Uke, Left Front Kick
	Kamae		Kamae	
	Step Forward into Right Deep Lunging Stance	Right Middle Punch	Step Backward into right Cat-Stance	Right Kakae-Grab, Right Front Kick



Yakusoku Kumite 4 - Yon Hon Kumite

Also known as Yon Hon Kumite or Four Part Kumite
 Kamae : Left Foot Fighting Stance Kumite No Kamae

	Attacker		Defender	
1	Kamae		Kamae	
	Left shuffle forward (right foot slides forward to meet left and left foot steps forward)	Left Upper Punch (Jab)	Left (front foot) steps off line to the left, left hand deflects punch	Right hand middle punch
2	Kamae		Kamae	
	Right (back) foot steps over	Right upper punch	Right foot step across (off the line) to the right and left foot follows sliding in behind	Right upper punch
3	Kamae		Kamae	
	Left (front) foot slides back ½ way. Right foot steps over to 45 degree lower stance. Back hand is open and in front of ear.	Right lower punch (to ribs)	Front foot pulls back ½ way. Step forward to 90 deg shoulder width stance facing left	Left hand Rotating palm block. Right hand back fist
4	Kamae		Kamae	
	Left (front) foot small step	Right front kick landing in fighting stance. Shuffle back quickly	Left (front) leg slides back to right fighting stance. Lean forward bringing pelvis back to avoid incoming left front kick	Step left foot over. Right front kick



Pre Arranged Sparring 5 - Go Hon Kumite

Also known as Go Hon Kumite or Five Part Kumite

Kamae : Left Foot Fighting Stance Kumite No Kamae

	Attacker		Defender	
1	Kamae		Kamae	
	Shuffle Forward	Left Upper Punch (Jab)	Slide Front Foot Back	Right Palm Block (Rear Hand). Left Upper Punch
2	Kamae		Kamae	
	Shuffle Forward	Right Middle Punch (Cross)	Slide Front Foot Forward	Left Lower Block. Right Middle Punch
3	Kamae		Kamae	
	Shuffle Forward	Left Upper Punch (Jab). Right Upper Punch (Cross)	Slide Front Foot Back	Right Palm Block. Left Palm Block. Right Upper Punch (Cross)
4	Kamae		Kamae	
	Shuffle Forward will,	Left Front Kick (Mae Geri)". Left Upper Punch	Switch to Right Foot Fighting Stance	Left Palm Block. Right Palm Block. Right Backfist. Left Uppercut

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5	Kamae		Kamae	
	Lunge Forward	Right Front Kick (Mae Geri). Right Upper Punch	Left Foot Steps Offline	Left Palm Block. Right Palm Block. Right Backfist. Left Uppercut