

Kihon Ido

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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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 Suriashi Dachi Front Foot Kicks Front Kick Jab-Cross Step over to Fighting Stance
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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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