



Ido Kihon

(Moving Basics)

Note: All Ido Kihon initial and ending techniques are performed with kiai. Kiai is also done at the end of each series of kihon and on all turning moves.

Ido Kihon #1: 9th kyu Orange and 8th kyu Blue

- 1. Step forward into left front stance, down block with kiai.**
 - 2. Step forward in front stance, lunge punch (chudan) 5 times, the last with kiai. Turn down block, reverse punch with kiai.**
 - 3. Step forward with reverse punch (chudan) in front stance, 5 times, the last with kiai.**
 - 4. Step back front stance, high rising block 5 times, the last with kiai.**
 - 5. Step forward with outside forearm block 5 times, the last with kiai. Turn, assume front stance in kicking position with kiai.**
 - 6. Rear leg front kick landing in front stance 5 times, ending with kiai. Turn, assume front stance in kicking position and repeat 5 front kicks ending with kiai. Turn, assume horse stance, looking over the left shoulder with kiai.**
 - 7. Cross step side snap kick, landing in horse stance, 3 times ending with kiai. Head quickly turns to right with kiai and repeating the 3 snap kicks ending with kiai. Turn, assume front stance and left down block with kiai. Return to ready position on yoi command.**
- Always kiai on the beginning move, the last move of the series and on turning.**
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Ido Kihon #2: 7th kyu Green and 6th kyu High Green

- 1. Step forward into left front stance, down block with kiai.**
 - 2. Step forward in front stance with lunge punch (chudan) 5 times. Turn down block, reverse punch.**
 - 3. Step forward in front stance with reverse punch (chudan), 5 times.**
 - 4. Step back into front stance with high rising block and reverse punch (chudan), 5 times.**
 - 5. Step forward into front stance with outside forearm block and reverse punch, 5 times. Turn down block.**
 - 6. Step forward in front stance with inside forearm block and reverse punch, 5 times.**
 - 7. Step back into back stance with knife hand block, 5 times. Transition to left front stance in kicking position.**
 - 8. Rear leg front kick, landing in front stance, 5 times. Turn into kicking position.**
 - 9. Rear leg round house kick, landing in front stance, 5 times. Turn, assume horse riding stance with head turned to the left.**
 - 10. Cross step side snap kick landing in horse stance, 3 times. Head turns to right on turning command.**
 - 11. Repeat 3 side snap kicks to the right in horse stance. Head turns to left maintaining horse stance on turning command.**
 - 12. Cross step side thrust kick, landing in horse stance, 3 times. Head turns to right.**
 - 13. Repeat side thrust kick to the right, landing in horse stance, 3 times. Turn, assume left front stance with down block and return to ready stance when yoi is called.**
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Ido Kihon #3: 5th kyu Purple and 4th kyu High Purple

- 1. Step forward into left front stance, down block with kiai.**
 - 2. Step forward in front stance, lunge punch sanbon (jodan, chudan, chudan) 5 times. Turn, down block, reverse punch.**
 - 3. Step forward in front stance, reverse punch sanbon (chudan, jodan, chudan) 5 times.**
 - 4. Step back in front stance with high rising block and reverse punch 5 times.**
 - 5. Step forward with outside forearm block, reverse punch, shift into horse stance with side elbow strike, side backfist strike 5 times. Turn down block.**
 - 6. Step forward in front stance with middle inside block and front jab, reverse punch 5 times.**
 - 7. Step back into back stance with knife hand block, reverse spear hand strike 5 times. Transition into front stance kicking position.**
 - 8. Moving forward, alternate front kicks (chudan, jodan) 3 times. Turn, assume kicking position, repeat 3 times. Turn, assume front stance in kicking position.**
 - 9. Moving forward, alternate roundhouse kicks (chudan, jodan) 3 times. Turn, assume front stance kicking position and repeat 3 times. Turn, assume horse stance.**
 - 10. Cross step side snap kick, landing in horse stance, 3 times. Turn head right and repeat 3 times in the opposite direction. Turn head to the left maintaining horse stance.**
 - 11. Cross step side thrust kicks, landing in horse stance, 3 times. Turn head to the right and repeat 3 times. Turn, down block and return to ready position on command.**
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Ido Kihon # 4: 3rd Kyu Brown

- 1. Step forward into left front stance down block with kiai.**
 - 2. Stepping forward in front stance with lunge punch (chudan) 5 times, turning down block reverse punch.**
 - 3. Stepping forward in front stance with reverse punch (chudan), 5 times.**
 - 4. Stepping backwards in front stance with high rising block, 5 times.**
 - 5. Stepping forward front stance with outside forearm block, 5 times. Turn downward block.**
 - 6. Stepping forward front stance inside forearm block, 5 times.**
 - 7. Stepping backwards into back stance with knife hand block, 5 times. Transition to left front stance in kicking position.**
 - 8. Rear leg front kick, landing in front stance, 5 times. Turn into kicking position.**
 - 9. Rear leg round house kick, landing in front stance, 5 times. Turn to front stance kicking position.**
 - 10. Moving forward, spinning back kicks, landing in front stance, 5 times. Turning to front stance kicking position and repeat 5 times, turning to horse stance with head turned left.**
 - 11. Cross step side snap kick landing in horse stance, 3 times. Head turns to right on turning command.**
 - 12. Repeat 3 side snap kicks to the right in horse stance. Head turns to left maintaining horse stance on turning command.**
 - 13. Cross step side thrust kicks, landing in horse stance, 3 times. Head turns to right.**
 - 14. Repeat side thrust kicks to the right, landing with horse stances, 3 times. Turn to left front stance with downward block and return to ready stance when yoi is called.**
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Ido Kihon #5: 2nd Kyu Brown, 1st Kyu Brown

- 1. Step out left leg front stance downward block. Moving forward, front kick lunge punch, 5 times, turning down block reverse punch.**
 - 2. Moving forward, roundhouse kick reverse punch, 5 times, turning into front stance downward block.**
 - 3. Reverse punch (in place), rear leg front kick (moving forward) retracting punching hand and extending opposite hand with vertical knife hand block, landing in front stance lunge punch, then down block, 5 times. Turning front stance kicking position.**
 - 4. Moving forward rear leg front kick then rear leg roundhouse kick (chudan, jodan) 3 times, turning to kicking position and repeat 3 times. Turning again front stance kicking position.**
 - 5. Forward leg side thrust kick (in place), spinning back kick, 5 times. Turning into horse stance with head looking left.**
 - 6. Cross step side snap/ side thrust same leg, 3 times, turn into horse stance looking right and repeat 3 times. Turning left downward block and return to ready position on command.**
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