



Bokuto-ni-yoru Kendo Kihon-waza

Keiko-ho

Number	Name & Technique	Strikes used
1	Kihon-ichi (Ippon-uchi-no-waza)	Sho-Men, Kote, Do, Tsuki
2	Kihon-ni (Renzoku-waza)	Kote-Men
3	Kihon-san (Harai-waza)	Harai-Men
4	Kihon-yon (Hiki-waza)	Men-tsubazeriai-hiki-Do
5	Kihon-go (Nuki-waza)	Men-nuki-Do
6	Kihon-roku (Suriage-waza)	Kote-suriage-Men
7	Kihon-nana (Debana-waza)	Debana-Kote
8	Kihon-hachi (Kaeshi-waza)	Men-kaeshi-Do
9	Kihon-kyu (Uchiotoshi-waza)	Do-uchiotoshi-Men

IMPORTANT ROLES IN KIHON-KATA

Motodachi - The one who takes the role of instructor for the trainee practising kihon-kata

Kakarite - The opposite to motodachi , the one learning the kihon-kata

