

- ˘ The purpose of kihon Keiko Ho is to develop the basic Kendo striking/cutting skills for beginners and to refine the waza of experienced Kendo-ka.
- ˘ Rei-ho (Courtesy) and Sho-sa (Carriage) are the same as for the Nihon-Kendo-Kata.
- ˘ Kakari-te is the person practicing the waza. Moto-dachi acts as the instructor.

1	Kihon Ichi; Ippon-uchi no Waza (Men, Kote, Do, Tsuki)	<p>1) Shomen A strike to the top of the Men from Issoku-itto-no-ma (medium distance) with one okuri-ashi footwork.</p> <p>2) Kote (right Kote) A strike to the right Kote from To-ma (long distance) with one okuri-ashi.</p> <p>3) Do (right Do) A strike to the right Do from Chika-ma (short distance) with one okuri-ashi.</p> <p>4) Tsuki A thrust from Chika-ma (short distance) with one okuri-ashi.</p> <p>In this waza Moto-dachi should also step back with one okuri-ashi (for safety).</p>
2	Kihon Ni; Ni-san-dan no Waza (Renzoku-waza; Kote-men)	<p>Continuous strike to Kote and Men from To-ma (long distance) with two sharp okuri - ashi.</p> <p>In this waza Moto-dachi should also step back with one okuri-ashi. This is done after the kote strike.</p>
3	Kihon San; Harai-waza (Omote-harai-men)	<p>A strike to the Men with a deflection of Moto-dachi's Bokuto up to the right side. Done from Issoku with one okuri-ashi.</p>
4	Kihon Yon; Hiki-waza (Hiki-do)	<p>Kakari-te strikes Men from Issoku-Itto with one okuri-ashi. Moto-dachi defends the attack with omote-suriage (without footwork). Kakari-te closes in to Tsubazeriai position with one okuri-ashi. Kakari-te pushes down on Moto-dachi's Tsuba. Moto-dachi raises his/her hands and arms. Kakari-te sharply strikes right Do with one small hiki okuri-ashi (step back).</p>
5	Kihon Go; Nuki-waza (Men-nuki-do)	<p>Motodachi strikes Men from Issoku-Itto with one okuri-ashi. Kakari-te steps sharply to the right with hiraki ashi and strikes Moto-dachi's right Do whilst avoiding the men attack (Kakari-te's body and feet should finish facing towards Moto-dachi).</p>

6	Kihon Roku; Suriage-waza (Kote-suriage-men)	<p>Moto-dachi strikes Kakari-te's right Kote with one okuri-ashi. Kakari-te deflects the Moto-dachi's strike using the right side of the bokuto, swinging it upward from below in an arc (Ura-suriage waza) whilst taking one okuri-ashi step back and to the left. Kakari-te immediately steps in and strikes Men with one okuri-ashi. The two movements (deflecting and striking) should be done smoothly and continuously.</p>
7	Kihon Nana; Debana-waza (Debana-kote)	<p>As the two meet in the centre Moto-dachi sharply raises up the bokuto as if s/he is going to strike Men. Kakari-te immediately strikes Moto-dachi's right Kote (small quick movement) with one sharp okuri-ashi.</p>
8	Kihon Hachi; Kaeshi-waza (Men-kaeshi-do)	<p>Motodachi strikes Men from Issoku with one okuri-ashi. Kakari-te defends the attack over his/her head with omote suriage/Kaeshi waza and immediately strikes Moto-dachi's right Do with sharp hiraki-ashi to the right side (Kakari-te's body and feet should finish facing towards Moto-dachi).</p>
9	Kihon Kyu; Uchiotoshi-waza (Do uchiotoshi men)	<p>Motodachi strikes Kakari-te's right Do. Kakari-te strikes Moto-dachi's Bokuto diagonally downward to the right with one okuri-ashi step back to the left side. Kakari-te then immediately strikes Men with one okuri-ashi forwards.</p>

Further points

- ˘ In the Shikake-waza (offensive attacks i.e. Kihon 1,2,3,4 and 7), after striking, Kakari-te should show Zanshin by pointing the bokuto at Moto-dachi's eyes (seigan) during the first short okuri-ashi (step back).
- ˘ Kakari-te should lower the bokuto to chudan and step back with one more larger okuri-ashi to the original distance (Issoku).
- ˘ Motodachi should always synchronize with kakari-te's movement to get back to the original starting position (centerline) and Chamae.
- ˘ In the case of Oji waza (counter-attacks i.e. Kihon 5,6,8 and 9), after striking, Kakari-te and Moto-dachi should step back simultaneously to the Issoku -itto distance. They should return smoothly together to the original starting position (centerline).