

# Kihon Waza Techniques

	Technique	Uchidachi	Shidachi
1	Kihon ichi - Men; Kote; Do; Tsuki	Make correct openings	Make correct cuts to Men, Kote, Do, Tsuki
2	Kihon ni - Kote Men	Make correct openings	Cut to Kote/Men as one technique
3	Kihon san - Harai Men	Make correct openings	Harai Men (Omote - left side of blade)
4	Kihon shi - Men; Tai-atari; Hiki Men	Cut Men then move to tsubazreiai.	Block Men cut then move tsubazreiai & finish by cutting partners right Do.
5	Kihon go - Nuki Do	Cut to Men	Step to the right and cut to partners right Do
6	Kihon rok - Suriage Kote Men	Cut to Kote	Suriage (Ura - right side of the blade) followed by Men strike
7	Kihon shichi - Debana Kote	Cut to Kote	Cut to Kote as partner moves
8	Kihon Hachi - Kaeshi Do	Cut to Men	Perform kaeshi waza and cut to partners right Do
9	Kihon ku - Uchiotoshi Men	Cut to right Do	Step to the left & perform uchiotoshi waza then cut to Men

**It should be noted that the Tsuki technique is not taught to junior members.**