

Kihon Kendo Kata ou Kendo Kihon Kata

	Uchidachi	Shidachi	Waza - Ashi sabaki
Ipponme	chudan kamae	seme shomen seme migi do	shikake waza (semete)
Nihonme	chudan kamae	kote men men do	shikake waza (renzoku nidan waza)
Sanbonme	chudan (seme) chudan (seme)	omote harai men ura harai kote of suriage kote	debana waza
Yonhonme	shomen migi kote	omote suriage men ura suriage kote	kaeshi waza
Gohonme	migi do tsuki	ura uchiotoshi men omote uchiotoshi men	kaeshi waza - taisabaki (naname taisabaki)
Ropponme	shomen migi kote	omote ojigaeshi do ura ojigaeshi kote	ojigaeshi waza - taisabaki (hidari ashi mae) (taisabaki naname mae)
Nanahonme	shomen migi kote	men nuki do kote nuki men	nuki waza
+	uchikaeshi	<i>SEMETE SHOMEN</i> <i>YOKOMEN;(3 en avant et 3x en arrière)</i> <i>Terminer par SEMETE SHOMEN)</i>	