

Bokuto ni yoru Kendo Kihon Waza Keiko Ho - (The Kihon Keiko Ho)

Training Method for Fundamental Kendo Techniques with a Bokuto

The *Bokuto ni yoru Kendo Kihon Waza Keiko Ho* was officially presented by All Japan Kendo Federation (AJKF) in June 2001. It was made for *Kendo* beginners.

According to the then President of AJKF, MORISHIMA Takeo *sensei*, he mentions three fundamental goals in the preface of the official Kihon Keiko Ho booklet published by AJKF.

1. To have *Kendo* practitioners understand the concept of *Nihontō* – Japanese sword.
2. To have *Kendo* practitioners learn *Kendo* basic movements by *Bokutō* and make it possible to learn more advanced techniques.
3. To make it easier to shift to *Nihon Kendo Kata*.

Kihon Keiko Ho is somewhat flexible. In *Kata*, we should follow the predetermined movements exactly.

We are **Not** allowed to change the direction of the blade for example in Kihon Keiko Ho, depending on your level.

Techniques included in Kihon Keiko Ho

Kihon-ichi. *Ippon-uchi-waza* (Single cuts): *Men, Kote, Dō, Tsuki*.

Kihon-ni. *Renzoku-waza* (Two or more continuous cuts): *Kote-men*.

Kihon-san. *Harai-waza*: *Harai Men* (using *Omote-shinogi* - **the left side** of your sword).

Kihon-yon. *Hiki-waza*: *Hiki-dō* (the right *Dō*).

Kihon-go. *Nuki-waza*: *Men-nuki-dō* (the right *Dō*).

Kihon-roku. *Suriage-waza*: *Kote-suriage men* (using *Ura-shinogi* - **the right side** of your sword).

Kihon-shichi or nana. *Debana-waza*: *Debana-kote*.

Kihon-hachi. *Kaeshi-waza*: *Men-kaeshi-dō* (the right *Dō*).

Kihon-kyu. *Uchiotoshi-waza*: *Dō-uchiotoshi-men* (the right *Dō*).

Kihon Keiko Ho uses only *Chūdan-kamae*, the most common stance.

Instead of student and teacher roles, *Uchidachi* is replaced with *Motodachi* and *Shidachi* by *Kakarite* which are the equal roles. The *Motodachi* receives the *Waza* of the *Kakarite*.

The first four *Waza* are focused on attack initiation techniques; *Shikake-waza*, 5, 6, 8 and 9 are focused on techniques for responding to an attack; *Oji-waza*. *Zanshin* is relative to the technique performed – No.7 *Debana-waza* is considered to be *Shikake-waza*.

Kihon Keiko Ho *riai* is loosely followed, although timing is mutual in approach and withdrawal.