

Nr.	Dachi/Tai-Sabaki	Kihon-Ido	9.	8.	7.	6.	5.	4.	3.	2.	1.
1.	Zenkutsu Dachi	Harai-Otoshi-Uke, Chudan Gyaku Tsuki	x	x	x						
2.	Sanchin Dachi	Age Uke / Jodan Gyaku Tsuki	x	x	x						
3.	Sanchin Dachi	Yoko Uke (Age Uke) / Chudan Gyaku Tsuki	x	x	x						
4.	Zenkutsu Dachi	Chudan Soto Uke / Chudan Gyaku Tsuki		x	x						
5.	Zenkutsu Dachi	Jodan Oi Tsuki / Chudan Gyaku Tsuki		x	x						
6.	Zenkutsu Dachi	Chudan Mae Geri	x								
7.	Zenkutsu Dachi	Chudan Mawashi Geri		x							
8.	Sanchin Dachi	Gedan Kansetsu Geri			x						
9.	Zenkutsu Dachi	Chudan Mawashi Geri / Chudan Gyaku Tsuki				x	x	x			
10.	Zenkutsu Dachi	Age Uke / Chudan Gyaku Tsuki / Chudan Mae Geri				x	x	x			
11.	Sanchin Dachi	Age Uke / Ren Tsuki (Jodan/Chudan)				x	x	x			
12.	Neko Ashi Dachi	Kake Uke / Chudan Mae Geri				x	x	x			
13.	Shiko Dachi	Harai-Otoshi-Uke / Chudan Gyaku Tsuki				x	x	x	x	x	x
14.	Zenkutsu Dachi	Harai-Otoshi-Uke / Chudan Mae Geri / Chudan Gyaku Tsuki				x	x	x	x	x	x
15.	Suri Ashi & Zenkutsu	Jodan Kizami Tsuki / Chudan Gyaku Tsuki							x	x	x
16.	Sanchin Dachi	Chudan Soto Uke / Jodan Uraken Uchi							x	x	x
17.	Sanchin Dachi	Kake Uke / Ren Tsuki (Jodan/Chudan)							x	x	x
18.	Neko Ashi Dachi	Shuto Uke / Kansetsu Geri (Neko Ashi rechts-links)							x	x	x