

[Bokuto ni yoru Kendo Kihon-waza Keiko-ho]

(Practise methods of basic Kendo skills with a Bokuto)

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| Kihon 1 | Ippon-uchi-no-waza
[Syomen] [Kote][Do(Migi-Do)][Tsuki] |
| Kihon 2 | Ni/San-dan-no-waza (Renzoku-waza)
[Kote - Men] |
| Kihon 3 | Harai-waza
[Harai-men (Omote)] |
| Kihon 4 | Hiki-waza
[Hiki-do (Migi-do)] |
| Kihon 5 | Nuki-waza
[Men-nuki-do (Migi-do)] |
| Kihon 6 | Suriage-waza
[Kote-suriage-men (Ura)] |
| Kihon 7 | Debana-waza
[Debana-kote] |
| Kihon 8 | Kaeshi-waza
[Men-kaeshi-do (Migi-do)] |
| Kihon 9 | Uchiotoshi-waza
[Do (migi-do)-uchiotoshi-men] |