

Kendo Kihon-Waza-Keiko-Ho “KOMMANDO”

mit zanshin

ohne zanshin

Kihon 1

Ippon utchi no Waza : Men / Kote / Do/ Tsuki

Kihon 2

Renzoku Waza (2 • 3dan no waza): Kote → Men

Kihon 3

Harai Waza: Harai Men

Kihon 4 (yon)

Hiki Waza: Hiki Do

Kihon 5

Nuki Waza: Men Nuki Do

Kihon 6

Suriage Waza : Kote Suriage Men

Kihon 7 (nana)

Debana Waza: Debana Kote

Kihon 8

Kaeshi Waza : Men Kaeshi Do

Kihon 9

Utchiotoshi Waza: Do utchiotoshi Men