# *KENDO* America
# KIHON

- KIHON DOSA BASICS
  - SAHO (REIHO)
    - REI NO SHIKATA (ZAREI, RITSUREI) ETIQUETTE, BOWING
    - SHINAI NO MOCHIKATA, OSAMEKATA HOLDING, DRAWING & REPLACING THE SHINAI
  - SHISEI TO KAMAE POSTURE AND SHINAI POSITIONS
    - CHUDAN NO KAMAE
    - JODAN NO KAMAE
    - GEDAN NO KAMAE
    - HASSO NO KAMAE
    - WAKIGAMAE
  - ASHISABAKI (TAISABAKI) FOOTWORK
    - AYUMIASHI
    - OKURIASHI
    - TSUGIASHI
    - HIRAKIASHI
  - SUBURI SWINGING THE SHINAI
    - JOGEBURI
    - NANAMEBURI
  - DATOTSU STRIKES AND THRUSTS
    - MEN (SHOMEN, MIGIMEN, HIDARIMEN,( SAYUMEN)) (CENTER, RIGHT, LEFT,(LEFT AND RIGHT))
    - KOTE (MIGI)
    - CHUDAN HENKEI NO BAAI (HIDARI) WHEN NOT IN CHUDAN
    - DO (MIGIDO, HIDARIDO)
    - TSUKI
  - UCHIKAESHI (KIRIKAESHI)
    - RENZOKU SAYUMEN (ZENSHIN KOTAE)
    - SHOMEN → RENZOKU SAYUMEN