IDO GEIKO
10th Kyu - 7th Kyu

Zenkutsu Dachi

1. (Shomen/ Sagari/Ura - 3 Steps) Seiken Chudan Oi Tsuki
2. (Shomen/ Sagari/Ura - 3 Steps) Seiken Chudan Gyaku Tsuki
3. (Shomen/ Sagari/Ura - 3 Steps) Seiken Chudan Sanbon Tsuki
4. (Shomen/ Sagari/Ura - 3 Steps) Oi Tsuki Chudan, Gyaku Tsuki Jodan, Oi Tsuki Gedan
5. (Shomen/ Sagari/Ura - 3 Steps) Seiken Jodan Age Uke
6. (Shomen/ Sagari/Ura - 3 Steps) Seiken Chudan Soto Uke
7. (Shomen/ Sagari/Ura - 3 Steps) Seiken Chudan Uchi Uke
8. (Shomen/ Sagari/Ura - 3 Steps) Seiken Gedan Barai
9. (Shomen/Sagari/Ura- 3 Steps- Mawate 4th Step)
    - Seiken Jodan Uke,
    - Seiken Chudan Soto Uke,
    - Seiken Chudan Uchi Uke,
    - Seiken Gedan Barai
10. (Shomen/Sagari/Ura- 3 Steps- Mawate 4th Step)
    - Seiken Jodan Uke, Seiken Jodan Gyaku Tsuki,
    - Seiken Chudan Soto Uke, Seiken Chudan Gyaku Tsuki,
    - Seiken Chudan Uchi Uke, Seiken Chudan Gyaku Tsuki,
    - Seiken Gedan Barai, Seiken Gedan Gyaku Tsuki
11.
    - (Shomen/Ura) Seiken Jodan Uke, (Sagari/Ura) Seiken Gedan Barai, (Shomen/Ura) Nidan Tsuki Chudan
    - (Shomen/Ura) Seiken Chudan Soto Uke, (Sagari/Ura) Seiken Gedan Barai, (Shomen/Ura) Nidan Tsuki Chudan
    - (Shomen/Ura) Seiken Chudan Uchi Uke, (Sagari/Ura) Seiken Gedan Barai, (Shomen/Ura) Nidan Tsuki Chudan
12.
    - (Shomen/ Sagari/Ura) Seiken Jodan Uke, Oi Seiken Mae Gedan Barai,
    - (Shomen/ Sagari/Ura) Seiken Chudan Soto Uke, Oi Seiken Mae Gedan Barai,

- (Shomen/ Sagari/Ura) Seiken Chudan Uchi Uke, Oi Seiken Mae Gedan Barai

13.

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  - (Shomen) Seiken Chudan Oi Tsuki,
  - (Shomen) Seiken Gyaku Tsuki,
  - (Sagari) Seiken Jodan Uke
-
  - (Shomen) Seiken Chudan Oi Tsuki,
  - (Shomen) Seiken Gyaku Tsuki,
  - (Sagari) Seiken Chudan Soto Uke
-
  - (Shomen) Seiken Chudan Oi Tsuki,
  - (Shomen) Seiken Gyaku Tsuki,
  - (Sagari) Seiken Mae Gedan Barai

IDO GEIKO SOKUGI

1. (Shomen/ Mawate- 3 Steps) Mae Keage
2. (Shomen/ Mawate- 3 Steps) Mae Keage, Chisoku Mae Geri Jodan
3. (Shomen/ Mawate- 3 Steps) Chisoku Mae Geri, Haisoku Mawashi Geri Jodan
4. (Shomen/ Mawate- 3 Steps) Chisoku Mae Geri, Sokuto Yoko Geri
5. (Shomen/ Mawate- 3 Steps) Soto Mawashi Geri, Uchi Mawashi Geri, Mae Keage
6. (Shomen/ Mawate- 3 Steps) Mae Keage, Chisoku Mae Geri, Haisoku Mawashi Geri Jodan
7. (Shomen/ Mawate- 3 Steps) Uchi Mawashi Geri, Haisoku Mawashi Geri Jodan
8. (Shomen/ Mawate- 3 Steps) Soto Mawashi Geri, Sokuto Yoko Geri Chudan

Kokutsu Dachi

1. (Shomen/Sagari/Ura- 3 Steps) Shutō Mawashi Uke
2. (Shomen/Sagari/Ura- 3 Steps) Shutō Mawashi Uke, Chisoku Mae Geri Jodan Front Leg
3. (Shomen/Sagari/Ura- 3 Steps) Shutō Mawashi Uke, Mawashi Geri Jodan Back Leg
4. (Shomen/Sagari/Ura- 3 Steps) Shutō Mawashi Uke, Seiken Ago Uchi – Front Leg Move in Zenkutsu Dachi, Seiken Chudan Gyaku Tsuki
5. (Shomen/Mawate- 3 Steps) Shutō Mawashi Uke, Osae Uke, Gyaku Nukite Yonhon Chudan
6. Mae Shutō Mawashi Uke
7. Mae Shutō Mawashi Uke, Morote Tsuki Chudan

8. (Shomen/Sagari/Ura- 3 Steps)
    - Shutō ganmen uchi, Shutō hizo uchi
    - Shutō sakotsu uchi, Shutō sakotsu uchikomi
    - Shutō jodan uchi, Shutō hizo uchi
9. (Shomen/Sagari/Ura- 5 Steps)
    - Shutō ganmen uchi
    - Shutō sakotsu uchi
    - Shutō sakotsu uchikomi
    - Shutō jodan uchi
    - Shutō hizo uchi
10. (Shomen/Sagari/Ura- 3 Steps) Shutō ganmen uchi, Gyaku Shutō sakotsu uchi, Shutō sakotsu uchikomi, Gyaku Shutō jodan uchi, Shutō hizo uchi (All 5 Blocks on 1 Step)
11. (Shomen/Sagari/Ura- 3 Steps- Mawate 4th Step)
    - Shutō Jodan Uke,
    - Shutō Chudan Soto Uke,
    - Shutō Chudan Uchi Uke,
    - Shutō Gedan Barai
12. (Shomen/Sagari/Ura- 3 Steps- Mawate 4th Step)
    - Shutō Mawashi Uke, Jodan Uchi Ate, Shutō ganmen Uchi
    - Shutō Mawashi Uke, Age Uchi Ate, Shutō sakotsu uchi
    - Shutō Mawashi Uke, Ushiro hiji ate, Shutō sakotsu uchikomi

Kiba Dachi

1. (Shomen/Sagari/Ura- 3 Steps)
    - Jun Tsuki Chudan,
    - Jun Tsuki Jodan,
    - Jun Tsuki Gedan
2. (Shomen/Sagari/Ura- 3 Steps) Mae Gedan Barai, Jun Tsuki Chudan
3. (Shomen/Sagari/Ura- 3 Steps) Oi Tsuki Chudan Mawate, Oi Tsuki Jodan, Mawate Oi Tsuki Gedan
4. (Shomen/Sagari/Ura- 3 Steps) Mae Gedan Barai, Tettsui yoko uchi Jodan, (Mawate) Mae Gedan Barai, Tettsui yoko uchi Jodan, (Mawate) Mae Gedan Barai, Jun Tsuki Chudan
5. Sokuto Yoko Geri (4 Steps – Mae / Mae Kosa/ Ushiro Kosa/ Ura)

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Kiba Dachi Yon Juu Go (Kiba Dachi in 45°)

1.
    - (Shomen/ Ura) Mae Gedan Barai,
    - (Shomen/ Ura) Zenkutsu Dachi Yon Juu Go- Oi Tsuki & Gyaku Tsuki Chudan
    - (Sagare/Ura) Kiba Dachi Mae Gedan Barai
2. (Shomen/Sagari/Ura- 5 Steps)
    - Jodan Hiji Ate,
    - Age Hiji Ate,
    - Oroshi Hiji Ate,
    - Ushiro Hiji Ate,
    - Mae Hiji Ate
3.
    - (Shomen/ Ura) Tettsui oroshi ganmen uchi,
    - (Shomen/ Ura) Tettsui komekami,
    - (Shomen/ Ura) Tettsui Hizo Uchi,
    - (Sagari/ Ura) Tettsui mae yoko uchi, Jodan,
    - (Sagari/ Ura) Tettsui mae yoko uchi Chudan,
    - (Sagari/ Ura) Tettsui mae yoko uchi Gedan
4. (Shomen/Sagari/ Ura) Oi Tettsui oroshi ganmen uchi, Gyaku Tettsui komekami, Oi Tettsui Hizo Uchi (3 Attacks on one step)
5. (Shomen/Sagari/ Ura) Oi Tettsui mae yoko uchi, Jodan, Gyaku Tettsui mae yoko uchi Chudan, Oi Tettsui mae yoko uchi Gedan on one Step (3 Attacks on one step)

Sanchin Dachi

1. (Shomen 3 Steps, Mawate 4th Step)
    - Morote Chudan Tsuki,
    - Morote Jodan Tsuki,
    - Yama Tsuki,
    - Morote Gedan Tsuki
2. (Shomen 3 Steps, Mawate 4th Step)
    - Jodan Uke, Morote Jodan Tsuki,
    - Chudan Soto Uke, Morote Chudan Tsuki,
    - Chudan Uchi Uke, Yama Tsuki,
    - Mae Gedan Barai, Morote Gedan Tsuki

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3. (Shomen/Sagare- 3 Steps)
    - Seiken Jodan Uke Gedan Barai,
    - Seiken Chudan Uke Gedan Barai,
    - Seiken Uchi Uke Gedan Barai
4. (Shomen/Sagare- 3 Steps, Mawate 4th Step)
    - Seiken Jodan Uke Gedan Barai, Morote Jodan Tsuki,
    - Seiken Chudan Uke Gedan Barai, Morote Chudan Tsuki,
    - Seiken Uchi Uke Gedan Barai, Yama Tsuki,
    - Seiken Gedan Barai Jodan Uke, Morote Gedan Tsuki

Dachi Combination Techniques

1. (Shomen/ Sagari 3 Steps, Mawate 4th Step)
    - Sachin Dachi - Jodan Age Uke,
    - Kokutsu Dachi - Soto Uke,
    - Zenkutsu Dachi - Uchi Uke,
    - Kiba Dachi Yon Juu go - Mae Gedan Barai

2. (Shomen/ Sagari 3 Steps, Mawate 4th Step)
    - Sachin Dachi – Seiken Jodan Age Uke, Gyaki Tsuki,
    - Kokutsu Dachi – Seiken Chudan Soto Uke, Gyaki Tsuki,
    - Zenkutsu Dachi – Seiken Uchi Uke, Gyaku Tsuki,
    - Kiba Dachi Yon Juu Go - Mae Gedan Barai, Jun Tsuki

3. (Shomen - 3 Steps) – (All 4 Stances on 1 Step with back leg acting as Anchor)
    - ❖ Sachin Dachi - Oi Tsuki,
    - ❖ Kokutsu Dachi - Gyaku Tsuki,
    - ❖ Kiba Dachi - Jun Tsuki,
    - ❖ Zenkutsu Dachi -Gyaku Tsuki

4. (Shomen - 3 Steps) – (All 4 Stances on 1 Step with back leg acting as Anchor)
    - ❖ Sachin Dachi – Seiken Jodan Age Uke,
    - ❖ Kokutsu Dachi- Seiken Chudan Shoto Uke,
    - ❖ Kiba Dachi - Mae Gedan Barai,
    - ❖ Zenkutsu Dachi - Seiken Chudan Uchi Uke

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5. (Shomen - 3 Steps) – (All 4 Stances on 1 Step with back leg acting as Anchor)
   - ❖ Sachin Dachi – Seiken Jodan Age Uke, Gyaku Tsuki,
   - ❖ Kokutsu Dachi- Seiken Chudan Soto Uke,
   - ❖ Kiba Dachi- Mae Gedan Barai,
   - ❖ Zenkutsu Dachi – Seiken Uchi Uke, Gyaku Tsuki

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