

Basic Walking

Basic Walking begins from the open position (2) with feet spread shoulder width, heels out. Take one sliding step forward with the right foot (3), to right on-guard position, (kihondachi, #3). From position #3 bring your left foot forward to a left on-guard stance (4). Repeat alternating right foot and left foot stepping inward semi-circular motion. Keep hands on kidneys, eyes focussed straight ahead and weight centered.

To walk backwards, reverse movements, bringing feet inward and back in a sliding semi-circular motion.

NOTE: Bend knees slightly but do not tense them.

