

Ku no Kihon

(Basics of Emptiness)

Introduction

Ku no Kihon, the Basics of Emptiness, is the foundation of the Ku no Sei (Essence of Emptiness) kata series. This kata is required for 4th Kyu - Yellow Belt, Path of the Student.

Development of the kata was inspired by Sensei Bayliss' first introduction to martial arts through the Zen Do Kai in 1979, where he learned the Ido Kihon (Basic Movement) kata series, which allowed for basic movements to be practiced and perfected before moving onto more advanced kata.

The simplicity of Ku no Kihon's design is its strength. It primarily consists of:

- One Punch: Oi-Zuki (Lunge Punch)
- Two Stances: Zenkutsu Dachi (Front Stance) and Fudo Dachi (Immovable Stance).
- One Footwork Method: Ayumi Ashi (Walking Foot or *step through*).

The kata also features a formal opening and closing sequence. These four elements come together to create an elegant and fundamental form that sets the groundwork for further study of the RKD Karate system.

Ku no Kihon Kata

Opening Sequence:

- Yoi, strongly and boldly announce the kata, "Ku no Kihon, Basics of Emptiness"

Kata:

1. Hajime, step into Heiko Dachi
2. Step right foot forward Zenkutsu Dachi, striking right Jodan Oi-Zuki
3. Step left foot forward Zenkutsu Dachi, striking right Chudan Oi-Zuki
4. Step right foot forward Fudo Dachi, striking right Gedan Oi-Zuki, Kiai & pause 3 seconds
5. Step right foot back Zenkutsu Dachi, striking left Jodan Oi-Zuki
6. Step left foot back Zenkutsu Dachi, striking right Chudan Oi-Zuki
7. Step right foot back Fudo Dachi, striking left Gedan Oi-Zuki, Kiai & pause 3 seconds
8. Step left foot up into Heiko Dachi, pause momentarily.
9. Step left foot forward Zenkutsu Dachi, striking left Jodan Oi-Zuki
10. Step right foot forward Zenkutsu Dachi, striking right Chudan Oi-Zuki
11. Step left foot forward Fudo Dachi, striking left Gedan Oi-Zuki, Kiai & pause 3 seconds
12. Step left foot back Zenkutsu Dachi, striking right Jodan Oi-Zuki
13. Step right foot back Zenkutsu Dachi, striking left Chudan Oi-Zuki
14. Step left foot back Fudo Dachi, striking right Gedan Oi-Zuki, Kiai & pause 3 seconds

Closing Sequence:

- Step left foot up into Heiko Dachi, Musubi Dachi

