

Ashi sabaki — footwork

1. **Yori ashi** (Okuri in Kendo) - front leg moves first, legs sliding, no passing. (Formerly called “suri ashi”.)
2. **Tsugi ashi** - back leg moves first but never passes the front leg. (Formerly called “chakuchi”.)
3. **Suri ashi** - legs sliding, rear leg passing to take the lead. (Formerly called “tsugi ashi”.)
4. **Oi ashi** - lunging with the front leg.
5. **Hiki ashi** - withdrawing the front leg. (Known as “draw back”.)
6. **Hiki ayumi ashi** - withdraw the front leg then step over. (Known as “leg swap”.)
7. **Ayumi ashi** - step with no slide. (Normal stepping.)
8. **Irimi ashi** - entering and pivoting around on both feet to turn up to 180 degrees. (Known as “step and pivot”.)
9. **Hiraki ashi** - step and pivot around on the front foot so as to turn up to 180 degrees (as in "tai no henko" or 90 degrees as in Saifa). (Known as “step and turn”.)
10. **Kaiten ashi** - pivoting around on one foot so as to turn up to 180 (usually 90) degrees. (Known as "open door".)
11. **Tenkan ashi** - entering, moving one foot behind the other and pivoting around on both feet so as to turn up to 360 degrees.
12. **Mawari ashi** - turning 180 degrees, either with by stepping with the front or back leg across and pivoting around, or by simply pivoting around on the spot. (Also called “mawate”.)