

# White, Gold, Orange & Blue Class

SHORIN-RYU KARATE

# WGOB

## IMPORTANT TERMS:

UCHI *strike(s)*

Tsuki (Zuki) *punch*

Gyaku zuki *reverse punch*

Kizami zuki *jab punch*

Kage zuki *hook punch*

Oit zuki *lunge punch*

Knifehand *shuto*

Spearhand/finger strike *nukite*

Hammer fist *zutsuken or  
Tetsui uchi*

Palm Heel *teisho*

Ridge Hand *haito*

Back knuckle *uraken*

Elbow strike *empi uchi*

## LEVELS *dan* and STRIKING

Head/high level *jodan*

Torso/mid level *chuudan*

Knee/low level *gedan*

Therefore...

Jodan Zuki *face punch*

Chuudan Zuki *body punch*

Gedan Zuki *low punch*

See the pattern?

## THIS ISSUE'S FOCUS:

# Pressing the Attack with Hand Strikes *Uchi*

In the Fall 2006 issue we covered some basic kicks *geri*, so it makes sense that we cover the basics of some hand strike *uchi* techniques *waza* in this issue.

Uchi means "strike." We have many forms of striking with our hands in our rich style, using both closed and open hands, and with different surfaces: the knuckles, ridge, palm, outer/knife edge, and even the finger tips. Karate-do is far more than just punching!

Think about WHY you might use different strikes. Take the straight karate punch: this is perfect for striking up to the level where your arm is parallel with the ground, or maybe a little higher. But if you are punching "up" more than, say, 20°,

what part of your hand will make contact with the target? Instead of your two large knuckles, it will probably be your closed fingers. Punch something hard and you will break your fingers. That's why we open the hand and use the palm heel *teisho* – or turn your closed hand over and do a very powerful back knuckle strike *uraken* – it's really common sense when you think about it that way.

The very first issue in this series (Spring 2006) was about the basic stances, and that was no accident: your stance is quite literally the foundation of your karate and everything that you do.

Before you start punching, kicking, and blocking, make sure your stance is correct and solid! Build the foundation first, in all cases!



**To acquire experience and understanding, take seriously all advice given to you.**

**- Katsuya Miyahira**



UCHI/STRIKE #1

# Tsuki / Zuki

## *Straight karate punch*

### Point by Point

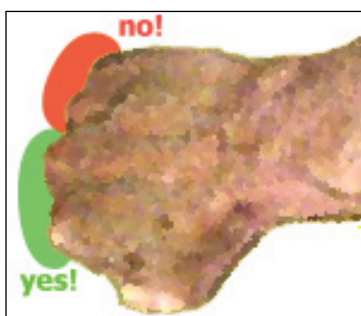
Remember the push/pull rule: PULL the extended punch BACK with 80% of your power, and use 20% to PUSH out the next punch! And punching must always come from a chamber, or there is no power.

To practice: From kiba dachi (horse stance), start with one hand already out, punching to the center. Relax your shoulders (don't make "earmuffs"). Do not throw your shoulders when punching – keep hips and shoulders square. Pull/push the next punch and focus your energy with a loud KIAA! *Punch always to the center.* Itosu sensei invented the *corkscrew punch*: your fist comes out of chamber upside-down, then turns over just before impact (this also keeps your elbows from flaring out). Punch with the two large knuckles, making a straight line from your shoulder, down your arm, to these knuckles. Fists must be tight to avoid injury!



Practicing in a kiba dachi will help you to learn how it feels to square your shoulders and hips

### Do's and Don't's



You must punch with the two large knuckles to avoid injury to your hand.



Don't bend your wrist, as if you were on a Harley®! Make a straight line.

### Point by Point

The palm heel is issued almost exactly like a karate punch, except that the hand is open, with the fingers curved and pulled back...and it's *always* a jodan *head level* technique. In teisho you strike with the palm of your hand. This technique is perfect for striking the jodan level (head level) of a taller attacker, or someone above you. With this technique you can strike upward at a very large angle, not possible with a knuckle punch. *Teisho is ideal for women fighting taller men in self-defense situations. You can make contact with the chin, nose, forehead...and there is reduced risk of injury to your hand.*

UCHI/STRIKE #2

# Teisho Uchi

## *Palm Heel*



**Put back your hands when you are full of fight and retract your fight when your hands itch to deal a blow..**  
- Shugoro Nakazato

## Summary

The straight karate punch is the *only strike* found in all five kihon *basic* kata, and there's a reason for that! You are laying the groundwork for more advanced strikes, like the haito *ridge hand*, kage zuki *hook punch*, and empi uchi *elbow strike* found in naihanchi shodan, and many more to come! This is only the beginning of your uchi waza. Improvement comes with practice and repetition!

– Sensei Grant