

STRIKING TECHNIQUES

Uchi Waza

Fist Strikes

Kobushi Uchi

Downward backfist strike

(Otoshi uraken uchi)

Outward backfist strike

(Soto uraken uchi)

Inward hammerfist strike

(uchi kentsui uchi)

Outward hammerfist strike

(Soto kentsui uchi)

Downward hammerfist
Strike

(Otoshi kentsui uchi)

Double hammerfist strike

(Kentsui hasami uchi)

Open Hand Strikes

Kaisho Uchi

Downward knifehand strike

(Otoshi shuto uchi)

Inward knifehand strike

(Uchi soto uchi)

Outward knifehand strike

(Soto shuto uchi)

Inward ridgehand strike

(Uchi haito uchi)

Outward ridgehand strike

(Soto haito uchi)

Upward palm heel strike

(Age teisho uchi)

Inward palm heel strike

(Uchi teisho uchi)

Elbow Strikes

Hiji Uchi

Forward elbow strike

(Mae empi uchi)

Back elbow strike

(Ushiro empi uchi)

Side elbow strike

(Yoko empi uchi)

Upward elbow strike

(Tate empi uchi)

Downward elbow strike

(Otoshi empi uchi)

Side R. H. elbow strike

(Yoko mawashi empi uchi)