

Hand/arm Techniques

Note: zuki is often pronounced more like the word ski. -zuki techniques are punches or thrusts. -uchi techniques are other strikes.

- tzuki (-zuki) – punch
- -uchi – strike
- ate – joint strike
- seiken zuki or choku zuki – basic punch with closed fist, striking with front two knuckles.
- oi zuki – lunge punch
- kizami zuki – leading punch, jab
- gyaku zuki – reverse (rear) punch, delivered with twist of hips.
- age zuki – rising punch
- kagi zuki – hook punch
- ura zuki – short punch (palm side up)
- ura ken uchi – back fist strike, snapping wrist, striking with top of knuckles.
- mawashi zuki – round hook punch, with top of hand facing outwards/upwards.
- furi zuki – circular punch. Delivered in large circular path with swing of hips, top of hand facing inwards.
- awase zuki – U punch. Double fist punch consisting of seiken zuki and ura zuki executed simultaneously.
- heiko zuki – Parallel punch. Double fist punch consisting of simultaneous left and right seiken zuki punch.
- yama zuki (mountain punch) – Double punch as in awase zuki, but seiken zuki is higher and is delivered in a circular over-arm fashion and ura zuki is lower and rises slightly.
- hiji uchi or hiji ate – elbow strike
- tateken zuki – vertical fist punch. Top of hand faces out to the side.
- nukite zuki – finger thrust/spear hand. Straight hand, middle finger slightly bent so first three fingers are roughly even in length. Thumb bent and held tightly against palm.
- shuto uchi – knife-hand strike, eg shuto hasami uchi (knife-hand strike to neck).
- tettsui uchi – bottom fist strike. Closed fist, strike with bottom of fist.
- shotei zuki – palm-heel thrust. Hand is open as in nukite, wrist bent back. Strike made with bottom of hand, as in tettsui (also called teisho zuki).
- haito uchi – ridge-hand strike. Hand held as in nukite but strike is made with inside of hand, a little below the index finger.
- keiko-ken zuki – one knuckle fist. Index finger joint protrudes slightly and is held firmly in place by thumb.
- nakadaka ippon-ken zuki or just nakadaka zuki – middle knuckle punch. Similar to keiko-ken zuki, but using second finger. Thumb and index finger press firmly against middle finger to hold it in place.
- kaiko-ken zuki – crab shell fist. Thumb bent and pressed against palm. First knuckles straightened and fingers curled inwards to touch edge of palm. Strike is made with middle bone of the fingers.
- boshiken zuki – similar to seiken zuki but thumb presses firmly against the bent side of the index finger. Thumb is used to strike.
- ko uchi – bent wrist strike, similar to ura ken uchi with open hand (wrist is initially bent, but snaps out).
- kote uchi – forearm strike.
- zu zuki – headbutt.