



SHIZENTAI (NATURAL STANCE)

- Relaxed posture.
- Feet shoulder width apart.
- Toes forward.



CHOKU-ZUKI (STRAIGHT PUNCH)

- Tighten core.
- Strike with two largest knuckles.
- Inactive hand at the ready.
- Practiced in shizentai.



OI-ZUKI (FRONT LUNGE PUNCH)

- Back straight, torso braced.
- Push front hip forward.
- Front knee bent.
- Step forward into zenkutsu-dachi (front stance).



GYAKU-ZUKI (REVERSE PUNCH)

- Big rotation from the torso into the punch.
- Back hip follows the direction of the punch.
- Stance is zenkutsu-dachi.



GEDAN BARRAI (DOWN BLOCK)

- Blocking with the ulna bone (forearm).
- About 3 fists length above the leg.
- Pulling the hip away from the blocking side.



AGE-UKE (RISING BLOCK)

- Forearm is angled.
- Palm facing out.
- Align body behind the block.
- Powerful front stance (60% of weight is on front leg).

Martial Arts Beginners Guide

Karin Nielsen-Saines

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