









STRIKES (*UCHI*) 打

Japanese Name and English Translation	Common Target	Striking Surface	Preparation ¹ (assuming a right-handed strike ²)	Delivery (assuming a right-handed strike ²)
<i>sakotsu shuto uchi</i> (<i>sakotsu</i>) collarbone knife-hand strike	collarbone; neck	 <p>knife-hand</p>	from kiba: lift R. hand (fingers extended, thumb in) over center of head so that palm is facing L. and elbow is at approx. 90°; simultaneously raise L. hand (fingers extended, thumb in) under R. elbow with palm facing away from body	drop R. hand straight down while keeping elbow at approx. 90° throughout (use back and shoulder muscles instead of triceps); simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; do not bounce (head should remain level); this is the well-known “karate chop”
<i>cross shuto uchi</i> (<i>cross shuto</i>) cross knife-hand strike	collarbone; neck		from kiba: while turning torso to L., lift R. hand (fingers extended, thumb in) over L. shoulder with R. elbow as high as possible and palm facing face; simultaneously raise L. hand (fingers extended, thumb in) under and just past R. elbow with palm facing away from body	while unwinding torso, drop R. elbow down and across front of body at 45° from vertical; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; keep R. elbow at approx. 90° throughout (use back and shoulder muscles instead of triceps); torque R. hand upon impact so that palm faces down
<i>ganmen shuto uchi</i> (<i>ganmen shuto</i>) head-level knife-hand strike	face; neck		from kiba: while turning torso to R., lift R. hand (fingers extended, thumb in) above R. shoulder with palm facing away and fingers pointed towards face; R. elbow should be to the side of R. shoulder; reach L. hand (fingers extended, thumb in) across chest in front of R. elbow with palm facing away	while unwinding torso, thrust R. hand forward as if throwing a pie in someone’s face; torque hand upon impact so that palm faces up (as if holding a pizza); simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; R. elbow should remain somewhat bent upon impact
<i>yoko shuto uchi</i> (<i>yoko shuto</i>) side knife-hand strike	abdomen; face		from kiba: while turning torso to L., pull R. hand (fingers extended, thumb in) across chest in a plane parallel to the ground with palm facing up; reach L. hand (fingers extended, thumb in) under and just past R. elbow with palm facing down	while unwinding torso, throw R. elbow to R. side as in an elbow strike, but extend forearm at last minute; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; torque R. hand upon impact so that palm faces down
<i>gedan shuto uchi</i> (<i>gedan shuto</i>) lower-level knife-hand strike	groin		from zen: prepare the same as <i>cross shuto uchi</i> except from zen instead of kiba (this means the torso cannot be wound up as much)	deliver the same as <i>cross shuto uchi</i> , except throw R. elbow down and to the R. side as in an elbow strike to the abdomen and extend forearm at last minute; R. arm should end up parallel to R. leg upon impact; torque R. hand upon impact so that palm faces towards body
<i>haito uchi</i> (<i>haito</i>) ridge-hand strike	abdomen; groin	 <p>ridge-hand</p>	from zen: while turning torso to R., chamber R. hand (fingers extended, thumb in) alongside R. hip with palm facing up; extend L. arm straight out in front with hand in fist and palm facing down	while unwinding torso, thrust R. hand forward in a slight arc (from outside to in); simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; torque R. hand upon impact so that palm faces down; make sure to keep R. thumb tucked in; be careful not to injure R. wrist upon impact


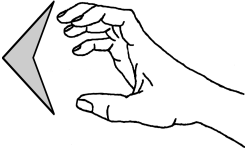
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<i>front hiji uchi</i> (<i>front hiji</i>) front elbow strike	chest; face	 <p>elbow</p>	from kiba: while turning torso to R., chamber R. hand alongside R. hip in a fist with palm facing up; while keeping L. arm in a plane parallel to the ground, bring L. hand in front of R. shoulder with L. palm facing down and L. elbow bent at 90°	while unwinding torso, swing R. elbow forward and up; R. hand remains in fist throughout and rotates so that its palm is facing down upon impact; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; be careful not to over-extend R. shoulder upon impact
<i>side hiji uchi</i> (<i>side hiji</i>) side elbow strike	abdomen; face		from kiba: prepare the same as <i>yoko shuto uchi</i> except R. hand is in a fist with palm facing up and L. hand is in a fist with palm facing down	while unwinding torso, push R. elbow out to R. side; R. hand remains in fist throughout and rotates so that it ends up palm facing down upon impact; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up
<i>rear hiji uchi</i> (<i>rear hiji</i>) rear elbow strike	abdomen		from kiba: while turning torso to L., bring R. elbow forward and upwards and make a fist with palm facing down; bring L. hand (fingers extended, thumb in) just over top of R. fist with palm facing down	while unwinding torso, thrust R. elbow straight backwards brushing alongside R. hip; R. hand remains in fist throughout and rotates so that the palm is facing up upon impact; L. arm assists by pushing R. fist backwards
<i>upward hiji uchi</i> (<i>upward hiji</i>) upward elbow strike	chin		from kiba: prepare the same as <i>front hiji uchi</i>	while unwinding torso, push R. elbow upwards; R. hand remains in fist throughout and rotates so that fist is vertical upon impact; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; extremely devastating if contact to the chin is made
<i>side uraken uchi</i> (<i>side uraken</i>) side back-fist strike	face; abdomen	 <p>back-fist</p>	from kiba: prepare the same as <i>yoko shuto uchi</i> except both R. and L. hands are in a fist with both palms facing down	deliver the same as <i>yoko shuto uchi</i> except R. hand strikes with back-fist instead of knife-hand and torques upon impact so that palm faces forward
<i>downward uraken uchi</i> (<i>downward uraken</i>) downward back-fist strike	face		from kiba: prepare the same as <i>sakotsu shuto uchi</i> except both R. and L. hands are in a fist	deliver the same as <i>sakotsu shuto uchi</i> except strike with R. back-fist instead of R. knife-hand and torque R. hand upon impact so that palm faces towards body



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<i>shotei uchi</i> (<i>shotei</i>) palm-heel strike	face	 palm-heel	from zen: while turning torso to R., chamber R. hand alongside R. hip in a fist with palm facing up; extend L. arm straight out in front with hand in fist and palm facing down	while unwinding torso, thrust R. hand forward and began to open fingers while keeping thumb tucked in; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; torque R. hand upon impact so that palm faces away while fingers are pulled back as far as possible and pointing upwards
<i>jodan tettsui uchi</i> (<i>tettsui, jodan tettsui</i>) upper-level hammer-fist strike	collarbone; face		from kiba: prepare the same as <i>sakotsu shuto uchi</i> except both R. and L. hands are in a fist	deliver the same as <i>sakotsu shuto uchi</i> except R. hand strikes with hammer-fist instead of knife-hand
<i>gedan tettsui uchi</i> (<i>gedan tettsui</i>) lower-level hammer-fist strike	groin	 hammer-fist	from zen: prepare the same as <i>cross shuto uchi</i> except both R. and L. hands are in a fist	deliver the same as <i>gedan shuto uchi</i> except R. hand strikes with hammer-fist instead of knife-hand
<i>yoko tettsui uchi</i> (<i>yoko tettsui</i>) side hammer-fist strike	face; abdomen		from kiba: prepare the same as <i>yoko shuto uchi</i> except both R. and L. hands are in a fist	deliver the same as <i>yoko shuto uchi</i> except R. hand strikes with hammer-fist instead of knife-hand
<i>kakuto uchi</i> crane-head strike	chin	 back of wrist	from zen: prepare the same as <i>shotei uchi</i>	while unwinding torso, thrust R. hand forward and upwards; while doing so, rotate R. hand so that palm faces down and straighten fingers with thumb pressing against index finger; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; used when fingers or wrist of striking hand are injured
<i>ura zuki</i> reverse punch	abdomen; kidneys	 largest knuckles of fist	from kiba: prepare the same as <i>shotei uchi</i> except R. hand is oriented with palm facing down	while unwinding torso, thrust R. hand directly forward; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; torque R. hand upon impact so that palm faces up; R. elbow ends up against stomach; often followed immediately by the same strike from the other hand (<i>double ura zuki</i>)

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<i>kagi zuki</i> hook punch	kidneys; abdomen	 <p>largest knuckles of fist</p>	from kiba: prepare the same as <i>shotei uchi</i> except in kiba instead of zen	while unwinding torso, thrust R. hand forward and then hook towards centerline of body; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; torque R. hand upon impact so that palm faces down; R. hand should impact with thumb facing body and R. elbow bent at approx. 90°
<i>tate zuki</i> vertical punch	face; abdomen		from kiba: prepare the same as <i>shotei uchi</i> except in kiba instead of zen	deliver the same as <i>shotei uchi</i> except R. hand remains in fist and only rotates 90° (i.e., impacts with palm facing L. so that it is vertical) upon impact; R. arm should remain near to body (i.e., R. elbow is still somewhat bent) as <i>tate zuki</i> is a short range punch similar to <i>ura zuki</i>
<i>mawashi zuki</i> roundhouse punch	face		from zen: prepare the same as <i>shotei uchi</i>	while unwinding torso, thrust R. hand forward and slightly upwards to about head level; simultaneously lean slightly to the L while chambering L. hand alongside L. hip in a fist with palm facing up; torque R. hand upon impact so that thumb faces down (fist will be vertical on impact, but opposite to <i>tate zuki</i>)
<i>gyaku zuki</i> reverse punch	abdomen; face		from zen: prepare the same as <i>shotei uchi</i>	while unwinding torso, thrust R. hand forward; simultaneously chamber L. hand alongside L. hip in a fist with palm facing up; torque R. hand upon impact so that palm faces down; other than the difference in stance, is delivered exactly as <i>oi zuki</i>
<i>oi zuki</i> lunge punch	abdomen; face		from zen (R. foot forward): prepare the same as <i>shotei uchi</i> (note that the right foot is forward in the stance, the opposite of <i>gyaku zuki</i>)	deliver the same as <i>gyaku zuki</i> ; generates less power than <i>gyaku zuki</i> since hips cannot be fully wound-up due to same-side foot forward in stance, but has longer reach than <i>gyaku zuki</i>
<i>gohon nukite zuki</i> (<i>gohon nukite</i>) five-finger spear-hand punch	face	 <p>tips of fingers and thumb</p>	from kiba: prepare the same as <i>shotei uchi</i> except in kiba instead of zen	deliver the same as <i>shotei uchi</i> , except snap all 5 fingers into a rigid claw-shape upon impact

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<i>nukite zuki</i> (<i>nukite, pure form</i>) spear-hand punch	throat	 tips of longest fingers	from kiba: prepare the same as <i>shotei uchi</i> except in kiba instead of zen	deliver the same as <i>shotei uchi</i> , except fully extend fingers of R. hand (with thumb in) as rigidly as possible and impact with palm facing to L.
<i>morote zuki</i> two-hand punch	chest	 largest knuckles of fist	from kiba: chamber both hands at their respective hips with palms facing up	thrust both arms forward simultaneously; rotate both fists upon impact so that palms face down
<i>yama zuki</i> mountain punch	face & abdomen		from zen: while turning torso to R., chamber R. hand alongside R. hip with hand in fist and palm facing up; simultaneously chamber L. hand also alongside R. hip directly above R. hand with hand in fist and palm facing down	while unwinding torso, deliver R. hand exactly as in <i>mawashi zuki</i> ; simultaneously deliver L. hand as in <i>ura zuki</i> except starting from R. hip (i.e., R. hand must be first pulled out from alongside the R. hip and then pushed into the target)

Acknowledgments:

All graphics are from (or slightly edited from) Budo Sportcenter (<http://www.budosportcenter.de/shotokankaratebegriffe.htm>) except that for gohon nukite which has been edited from the rightmost image found on http://www.skkiwatford.co.uk/basic_shotokan_karate_terminolog.htm and reproduced here with permission. (links valid as of April 2006).

Notes:

¹ The preparation for each strike lists an exemplary stance from which to perform the particular strike, but it is by no means the only one from which the particular strike can be executed. Further, all stances in zen assume the left foot is forward unless otherwise noted.

² For convenience, it is assumed throughout this document that all strikes are delivered by the right hand (or elbow). Simply reverse any mention of handedness in order to obtain a description of how to execute a strike with the left hand (or elbow).