



## **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 Guide

**Roman Wölfel**



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