

PUNCHING TECHNIQUES

Tsuki Waza

One Handed Punches

Tsuki

Straight

(Oi tsuki)

Reverse

(Gyaku)

Vertical fist

(Tate zuki)

Short

(Kizami zuki)

Rising

(Age zuki)

Round house

(Mawashi zuki)

Hook

(Kagi zuki)

Close

(Ura zuki)

Two Handed Punches

Morote Tsuki

Wide U Punch

(Yama zuki)

U Punch

(Awase zuki)

Parallel Punch

(Heiko zuki)

Scissors Punch

(Hasami zuki)