

# STRIKING TECHNIQUES

## *Uchi Waza*

**Fist Strikes**  
*Kobushi Uchi*

**Open Hand Strikes**  
*Kaisho Uchi*

**Elbow Strikes**  
*Hiji Uchi*

**Downward backfist strike**  
*(Otoshi uraken uchi)*

**Outward backfist strike**  
*(Soto uraken uchi)*

**Inward hammerfist strike**  
*(uchi kentsui uchi)*

**Outward hammerfist strike**  
*(Soto kentsui uchi)*

**Downward hammerfist  
Strike**  
*(Otoshi kentsui uchi)*

**Double hammerfist strike**  
*(Kentsui hasami uchi)*

**Downward knifehand strike**  
*(Otoshi shuto uchi)*

**Inward knifehand strike**  
*(Uchi soto uchi)*

**Outward knifehand strike**  
*(Soto shuto uchi)*

**Inward ridgehand strike**  
*(Uchi haito uchi)*

**Outward ridgehand strike**  
*(Soto haito uchi)*

**Upward palm heel strike**  
*(Age teisho uchi)*

**Inward palm heel strike**  
*(Uchi teisho uchi)*

**Forward elbow strike**  
*(Mae empi uchi)*

**Back elbow strike**  
*(Ushiro empi uchi)*

**Side elbow strike**  
*(Yoko empi uchi)*

**Upward elbow strike**  
*(Tate empi uchi)*

**Downward elbow strike**  
*(Otoshi empi uchi)*

**Side R. H. elbow strike**  
*(Yoko mawashi empi uchi)*