

**ZUKI WAZA - 3ND KYU THUR 1ST KYU BROWN BELT**  
**8/20/95- JOHN S. SOLTIS 4TH DAN**

**Revised**

**MINERVA TAMAYO-INSTRUCTOR-SANDAN – 4 / 2005**

1. **SEIKEN**- FORE FIST- CLOSED FIST STRIKE,CORKSCREW FIST PUNCH.
2. **TATE**- ANVIL OR SUNFIST, CLOSED FIST HELD VERTICAL
3. **TETTUI-TETTSUI**-HAMMERFIST,BOTTOM FIST,EDGE OF FIST PUNCH
4. **KENTSUI**-TOP FIST
5. **URA KEN**-BACK FIST
6. **IPPON NUKITE** - ONE FINGER SPEAR
7. **NIHON NUKITE** - TWO FINGER SPEAR,PRONG SPEAR.
8. **YO HON NUKITE**- SPEAR HAND, FOUR FINGER THRUST,TUSI.
9. **SHUTO**-CHOP ,SWORD HAND,KNIFE HAND.
10. **ISSHI KEN**-INDEX KNUCKLE,PHOENIX EYE,HITOSASHI.
11. **OYAUBI** - THUMB, USED AS SPEAR.
12. **OYAUBI KEN**- THUMB KNUCKLE.
13. **RIKEN ZUKI**-BACK KNUCKLE.
14. **ONI KEN**- MIDDLE KNUCKLE , NAKADAKA IPPON KEN
15. **HAN UCHI KEN**- LEOPARD STRIKE.
16. **NISHI KEN**-SPLIT FINGER THURST.
17. **NISHI KEN**-TWO FINGER THRUST.
18. **KOKO**-TIGER MOUTH, HERA BASAMI
19. **HAITO**-RIDGE HAND
20. **SHOTEI**-PALM HEEL ,TEISHO.
21. **HON KEN**- FORE WRIST.
22. **HAIJU**-OPEN BACK HAND.
23. **KEIKO**-CHICKENS BEAK,PEACOCK HEAD.
24. **KOKEN**-FRONT WRIST,KE UCHI.
25. **SEIRYUTOH**-PALM EDGE.
26. **MOROTE ZUKI**- DOUBLE PUNCH(HORORIZONTAL).
27. **MAWASHI ZUKI**- ROUND HOUSE PUNCH.
28. **KAGI ZUKI**- HOOK PUNCH.
29. **HIRA KEN** -INSIDE KARATE HAND ,A SLAP.
30. **YAMA ZUKI**- U PUNCH , MOUNTAIN PUNCH.
31. **URS SHUTO**-THUMB EDGE CHOP.
32. **MAE UDE KEN**- FOREARM PUNCH.
33. **MAE NARU KEN** -SNAPPING FORWARD PUNCH.
34. **URA**-UPPER CUT PUNCH.
35. **AGE ZUKI** - RISING PUNCH.
36. **EMPI UCHI** - ELBOW STRIKES, UPWARD,DOWNWARD,FORWARD,REAR,MAWASHI (ROUNDHOUSE) , SIDE.
37. **MAE ATAMI UCHI**- HEAD STRIKE ,FRONT (HEAD IS USED TO STRIKE WITH).
38. **USHIRO ATAMI UCHI**- REAR HEAD STRIKE HEAD IS USED TO STRIKE WITH.)

