

## **Karate Punches & Hand Strikes -**

- Age-Zuki (Age-Tsuki) - Rising Punch
- Choku-Zuki (Choku-Tsuki) - Straight Punch
- Gyaku-Zuki (Gyaku-Tsuki) - Reverse Punch
- Haishu Uchi - Back Hand Strike
- Haito Uchi - Ridge Hand Strike
- Kage-Zuki (Kage-Tsuki) - Hook Punch
- Kizami-Zuki (Kizami-Tsuki) - Jab Punch
- Morote-Zuki (Morote-Tsuki) - Double Fist Punch or Double U Punch
- Nukite - Spear Hand Strike
- Nihon Nukite - Two Finger Spear
- Oi-Zuki (Oi-Tsuki) - Lunge Punch
- Shuto Uchi - Knife Hand Strike
- Tate-Zuki (Tate-Tsuki) - Vertical Punch
- Uraken Uchi - Back Fist Strike