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Sanchin Arm Thrust



Sanchin Arm Thrust

From the draw hand position start with the palm upwards, tuck the thumb snugly into your palm then thrust forward leading with the finger tips. Imagine that there is a string tied to your index finger and it is being pulled forward. As the arm extends the hand will naturally rotate into a

palm down attitude as it begins to reach its full extension.

Maintain a level line between the hand, wrist, and forearm. As the arm travels forward it should rub along your side lightly while the elbow follows the floor. The elbow following the floor is critical because it will assure you of proper shoulder attitude.



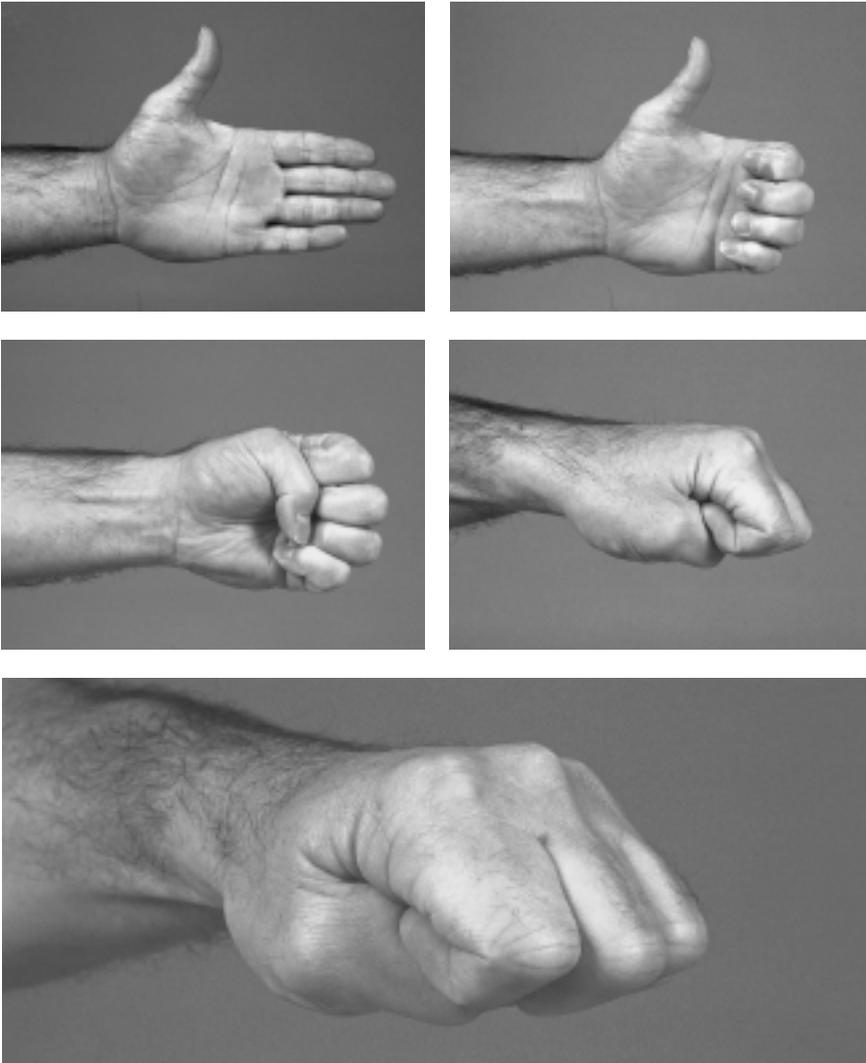
When practicing the Sanchin arm thrusts, the target for your fingers is the hollow of your shoulders. This gives the arm and hand a slight decline from the top of your shoulder.



Reaching for the floor with your elbow tightens and closes the vulnerability of the armpit that could, at the least, shock and temporarily paralyze your arm if struck in a counter attack. It is critical to keep your armpits closed. *The elbow is the key to a secured armpit.*

Reinforced Three-Knuckle Punch

The Reinforced Three-Knuckle Fist or Chinese Fist. I call this a funny fist because it always feels so strange the first time you try it. However, this fist is not funny to the recipient. This formidable strike steps in where more than one knuckle force is necessary. Start out as if to make a regular fist, but do not fully roll the fingers into the palm. Instead, the thumb comes across the fingernails and you compress the fist firmly. The striking area of this technique is actually the three extended joints of the rolled fingers. All target areas are soft tissues such as muscles and cartilage. This striking fist is practiced throughout the formal Uechi-Ryu basic.



Circle Block to Palm Heel Strike

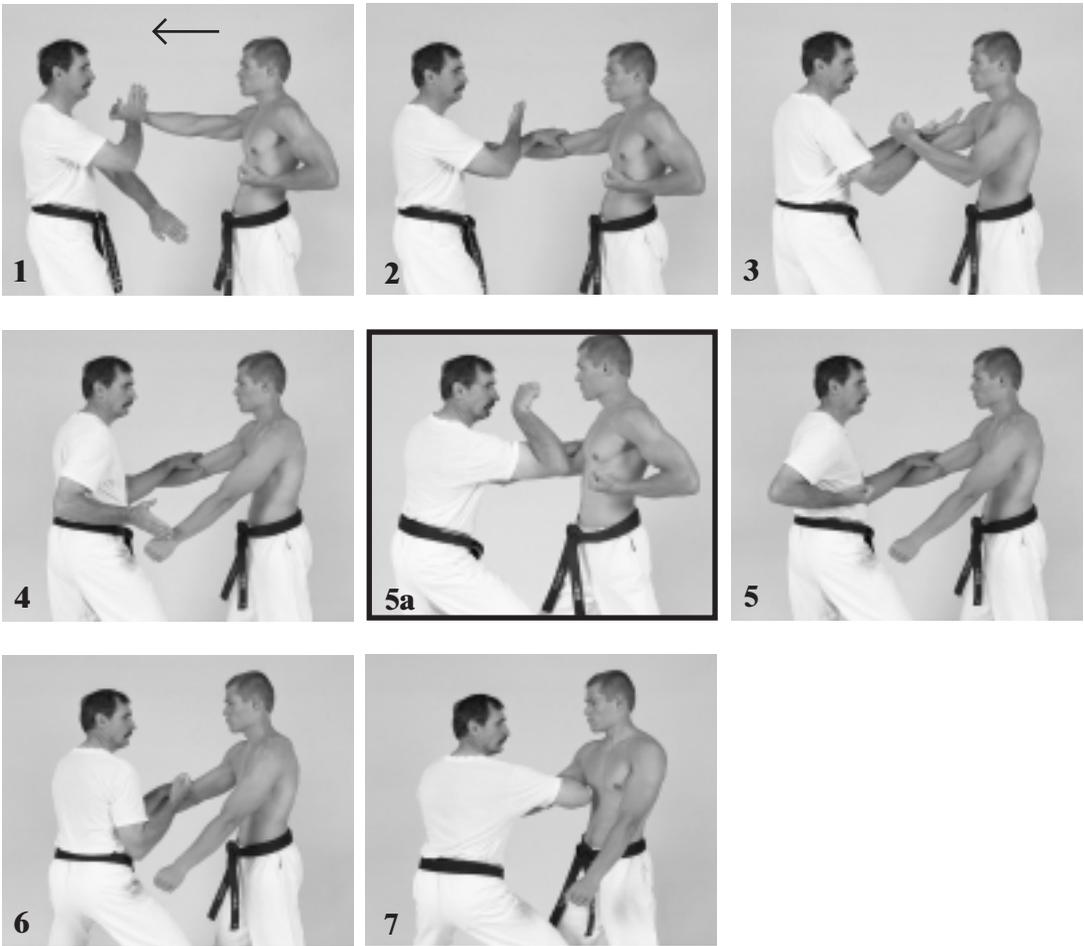
Photo 1 The Passive Guard Position prepares you to react to any action. **Photos 2-4** demonstrate the progress of the deflect and circle block combination. The deflecting arm will retract into the draw hand position in preparation to follow up with another block or lash out as a strike. **Photo 5** shows the deflecting arm settled in the draw hand position. **Photo 6** the left palm heel strike is executed and the arm is returned to the guard status as is demonstrated in **photo 7**. Once you can do this exercise smoothly from one side, alternate the roles of the arms in each cycle of the combination. That is, if you start with a right block and then execute a left palm strike, next do a left circle block and a right palm strike. It does not matter from what leg you start your block or finish your strike. Alternating will develop balance of your right and left sides. You will become ambidextrous. That is the nature of **KARATE**.



Application of Circle Block to Vertical / Horizontal Elbow Strike

Photos 1-4 Demonstrate "a" executing a deflect, circle block, to a redirecting block setting up a follow-up strike. The open hand is helpful in controlling and redirecting the punching arm. **Photo 5a** demonstrates a vertical elbow strike to the solar plexus after photo.4. To execute the vertical elbow your draw hand would be in the palm facing the floor position. **Photos 5-7** demonstrate the horizontal strike to the solar plexus.

Student "a" Student "b"



Number Five

Photo 1-13

Photo 1 -a- is in the left guard and -b- is in the right guard. **Photo 2** -b- steps in and throws a left punch while -a- steps back and intercepts the punch with a circle block. **Photo 2-3** As -b's- punch is intercepted, he immediately executes a front kick off the rear leg to -a's- mid-section, forcing -a- to step back and execute a down block to redirect the kicking attack. **Photo 3-6** As -a- stops the kick, -b- throws a right hand lead punch to -a's- head which -a- blocks with a circle block. -a- traps -b's- arm, then follows up with a reverse punch to -b's- solar plexus.

Student "a" Student "b"



First Gun Defense

Photo 1-7

Photo 1-3 Gunman approaches with demands. Remember, feel the steel. Bring your hands up to and on line with the gun hand and make an emotional plea for mercy. The closer your hands are to the gun hand the better. **Photo 3-4** With the gunman distracted, shift your body to the left and bring your left hand across the barrel while a right ridge hand strikes at the wrist. **Photo 4-6** As you drive the gun outside your body line, firmly grip the gun with your left hand and pull your right wrist towards your chest then swing the barrel back at the attacker. **Photo 6-7** With a firm grip on the gun, the strength in the attacker's wrist is neutralized. Now with both hands on the gun, shift your body weight back as you strip the gun away and take up a ready to fire position.

