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TSUKI – WAZA IN POLISH KENPO



Adam Jurczakowski

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TSUKI – WAZA IN POLISH KENPO



ADAM JURCZAKOWSKI

INTRODUCTION

In my previous book titled **POLISH KENPO** the division of techniques used in this style was included. As a position number five tsuki-waza was mentioned. In other words we can call it punching. This technique group performance depends on punching hands (different surfaces and fist position) in the body of the opponent.

Two groups of punching can be distinguished: choku-zuki (carried out in a straight line) and wa-zuki (conducted in a circle).

In other way tsuki-waza can be divided on performed from the side of the side leg (oi-zuki) and from the side of the rear leg (gyaku-zuki).

Punching can be also divided according to the number of used hands. Punching with one hand is katate-zuki while morote-zuki engage two hands.

Discussion of boxing techniques (used in boxing and kickboxing) has taken place in this study as well.

CHOKU – ZUKI

- **Kara-zuki** is a punch performed with 180 degrees hand rotation (the hand is placed upside-down at the moment of hitting the target).



Soke Adam Jurczakowski is showing the punch kara-zuki (position of the fist – nakadaken).

- **Tate-zuki** is performed with 90 degrees hand rotation and the hand is positioned vertically.



Soke Adam Jurczakowski is showing the punch tate-zuki (striking surface – yubi-basami).

- **Ura-zuki** is performed without the hand rotation, it is set down with a ridge.



Sensei Agnieszka Ciesielska is showing the punch ura-zuki (the fist position – seiken).

- **Age-zuki is punching in the raise, and the palm is set upside down.**



Soke Adam Jurczakowski is presenting the punch age-zuki (striking surface – koken)

WA – ZUKI

- **Mawashi-zuki - punching in a circle, accompanied by a swivel rotation of the torso (reminiscent of a boxing blow).**



Shihan Robert Wiech is showing the punch mawashi-zuki (striking surface – seiken).

- **Kagi-zuki is punching in a circle without turning the torso.**



Soke Adam Jurczakowski is presenting the punch kagi-zuki (the fist position– seiken).

KATATE – ZUKI

The examples of this kind of punches are: oi-zuki, gyaku-zuki, kizami-zuki (punching, resembling the left straight in the box), shita-zuki (performed in advance down after the opponent is overthrown).



Soke Adam Jurczakowski is showing the punch oi-zuki (striking position – teisho).



Sensei Agnieszka Ciesielska is showing the punch gyaku-zuki (striking sufrace - shihon-nukite).



Shihan Robert Wiech is presenting the punch kizami -zuki (the fist position – seiken).



Soke Adam Jurczakowski is presenting the punch shita-zuki (the fist position – seiken).

MOROTE – ZUKI

- **Heiko-zuki** - performed with hands set in a horizontal plane.



Soke Adam Jurczakowski is showing the double punch heiko-zuki (striking sufrage – oyayubi).

- **Awase-zuki** - hands are set in a vertical plane (straight shoulders).



Soke Adam Jurczakowski is presenting the double punch awase-zuki (the fist position – seiken).

- **Yama-zuki** - hands set in a vertical plane, and the shoulders are bent.



Soke Adam Jurczakowski is demonstrating the punch yama-zuki (the fist position – seiken and nakadaka-ken).

- **Hasami-zuki** - all kinds of scissor punches.



Soke Adam Jurczakowski is showing double punch hasami-zuki (striking surfaces-teisho).

BOXING TECHNIQUES

1) Straight blows (left and right straight, directed in the head and torso).



Soke Adam Jurczakowski is presenting the blow left straight to the head.



Soke Adam Jurczakowski is demonstrating the blow left straight in the torso.



Soke Adam Jurczakowski is showing the blow right straight in the head.



Shihan Robert Wiech is demonstrating the straight right blow in the torso.

2) Blows from the bottom (left or right hand in the head and torso).



Sensei Agnieszka Ciesielska is presenting the blow from the bottom, performed with a right hand on the head.



Shihan Robert Wiech is presenting the blow from the bottom, performed with his right hand in the torso.

3) Side blows (left or right hand in the head and torso):

a) sickle - inflicted with a hand that is very bent at the elbow,



Sensei Agnieszka Ciesielska is showing the blow inflicted with a sickle, with a left hand on the head.



Shihan Robert Wiech is presenting a blow with a left hand in the torso.

b) flywheels - handed more upright, with the thumb pointing down (performed from distance or half distance).



Soke Adam Jurczakowski is showing the a blow performed from the left hand in the head.

CONCLUSION

Punches can be made with different surfaces (boxing techniques are done only with a fist) and different fits. Tsuki-waza can be used on various levels (boxing blows - head and torso), such as: jodan (a head and neck), chudan (torso from clavicles to waist), gedan (from the waist down).

When using punches, pay attention to vital points on the human body (kyusho): me (eyes), gekon (chin), kyosen (solar plexus), kin (male genitalia). Generally, punches should be inflicted with full force and deep into the opponent's body. Example: while performing oi-zuki in the vital point gekon, our imaginary goal should be a few centimeters behind the back of the head. In other words, we make punching as if we wanted to pierce the head through, not just touch the chin. The exception are markings (in boxes called fintas), which are supposed to expose the opponent.



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