International Combat Martial Arts Unions Association



COMBAT MARTIAL ARTS

PROGRAMS AND MANUALS ICMAUA

ICMAUA: CMAPM-2021-15

UCHI – WAZA IN THE POLISH KENPO



Adam Jurczakowski

www.icmaua.com



2021

Combat Martial Arts programs and manuals ICMAUA publishes original programs, syllabuss, and manuals of Martial Arts styles, organizations and schools: trainings methods, belts (Kyu, Dan) and exams requirements, education methods and philosophy.

Combat Martial Arts programs and manuals ICMAUA will be published after receiving of materials from authors - members of the ICMAUA

Combat Martial Arts programs and manuals ICMAUA is published in a PDF format and is placed in **free access** in the Library of Combat Martial Arts manuals and programms ICMAUA (www.icmaua.com). Authors don't receive any money for their books.

Combat Martial Arts programs and manuals ICMAUA publishes original papers "as is written by author", without any changes (also grammatical or stylistic) in the basic text. Changes in design are possible.

Combat Martial Arts programs and manuals ICMAUA is free distributed to the members from the countries: Afghanistan, Algeria, Angola, Argentina, Australia, Austria, Azerbaijan, Bahrain, Bangladesh, Belarus, Belgium, Bosnia & Herzegovina, Brazil, Bulgaria, Cameroon, Canada, Chile, China, Costa Rica, Croatia, Denmark, Egypt, France, Finland, Germany, Georgia, Ghana, Greece, Guam, Guyana, Haiti, Hungary, India, Indonesia, Iran, Iraq, Ireland, Israel, Italy, Jamaica, Japan, Kazakhstan, Kuwait, Latvia, Luxembourg, Malaysia, Maldives, Malta, Mauritius, Mexico, Montenegro, Morocco, Nepal, Netherlands, New Zealand, Nigeria, North Korea, Norway, Pakistan, Peru, Philippines, Poland, Portugal, Puerto Rico, Romania, Russia, Saint Lucia, Saudi Arabia, Scotland, Serbia and Montenegro, Sierra Leone, Singapore, Slovenia, South Africa, South Korea, Spain, Sri Lanka, Sudan, Sweden, Switzerland, Syria, Tajikistan, Thailand, Trinidad and Tobago, Tunisia, Turkey, Uganda, Ukraine, United Arab Emirates, United Kingdom, United States of America, Uruguay, Uzbekistan, Venezuela, Yemen, Yugoslavia.

Disclaimer

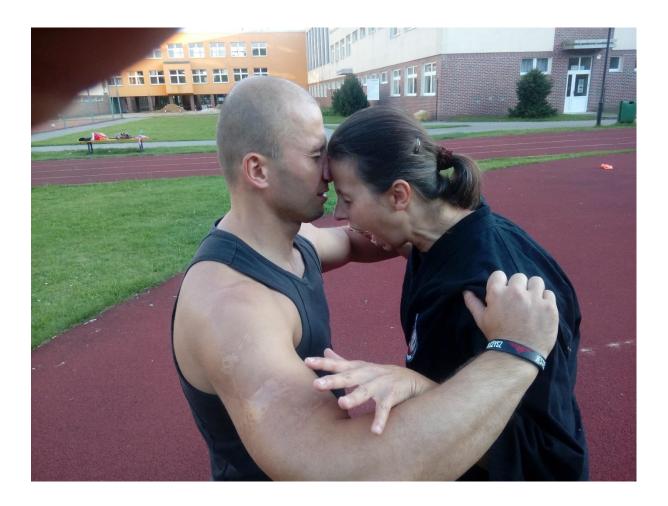
The full responsibility for the published material belongs to the authors.

The publisher, editors of the *Combat Martial Arts programs and manuals ICMAUA* and ICMAUA disclaim responsibility for any liability, injuries, or damages.

Address for correspondence: info@icmaua.com



UCHI – WAZA IN THE POLISH KENPO



ADAM JURCZAKOWSKI

INTRODUCTION

Uchi - waza is the techniques of strokes in other words. They consist of hitting selected targets on the opponent's body. We distinguish a lot of types of strokes, depending on the part used and the surface of our body. You can use fists (different positions), hands (different surfaces), wrists, forearms, elbows, arms, shoulders, torso and head. This study will present the techniques most commonly used in Polish Kenpo.

<u>TETTSUI – UCHI</u>

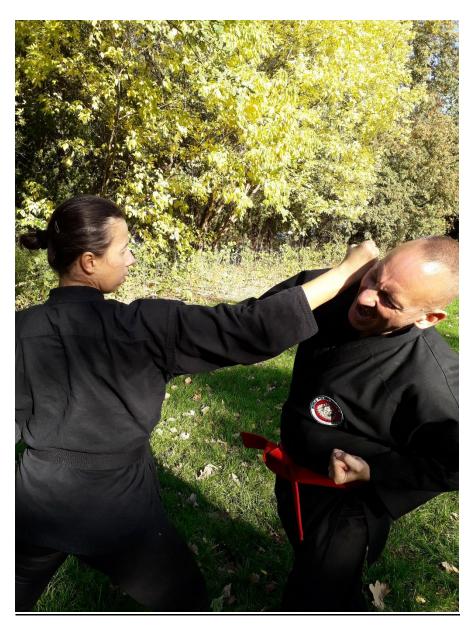
Translated from Japanese, it means being hit with an iron hammer. It uses an impact surface called kentsui. There are the following types of this impact: soto-tettsui-uchi (horizontal impact from the outside), uchi-tettsui-uchi (horizontal impact from the inside), otoshi-tettsui-uchi (vertical impact from above), age- tettsui-uchi (vertical impact from below), naname-tettsui-uchi (diagonal impact). When making this blow, you can position the fist in different planes (face up, face down, in a vertical or oblique plane).



Soke Adam Jurczakowski is presenting uchi-tettsui-uchi.



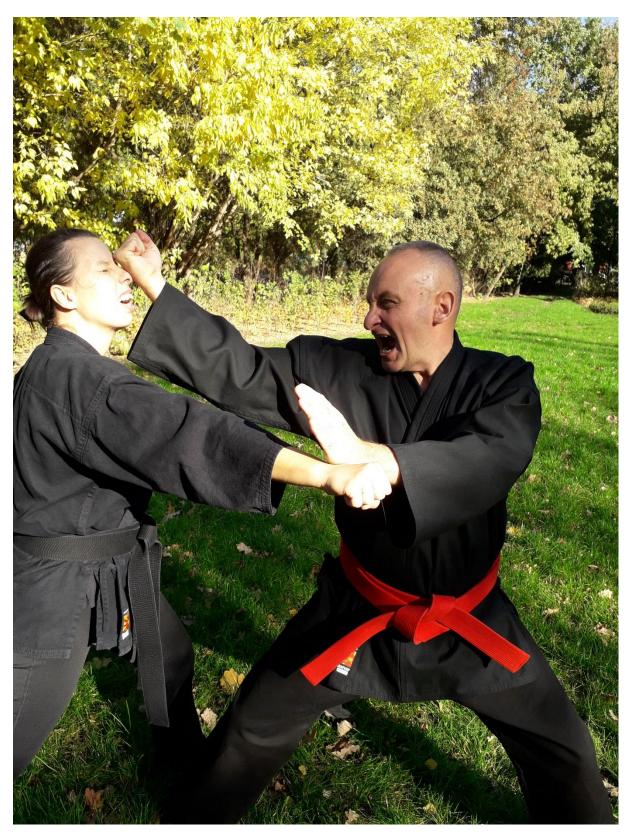
Soke Adam Jurczakowski is presenting soto-tettsui-uchi.



Sensei Agnieszka Jurczakowska is presenting naname-tettsui-uchi.

<u>URAKEN – UCHI</u>

We translate this name as an inverted punch and use the uraken surface. Due to the plane in which the hand is guided, uraken-uchi can be divided into: soto-uraken-uchi, uchi-urakenuchi, age-uraken-uchi, otoshi-uraken-uchi, naname-uraken-uchi. The fist can be arranged in different planes.



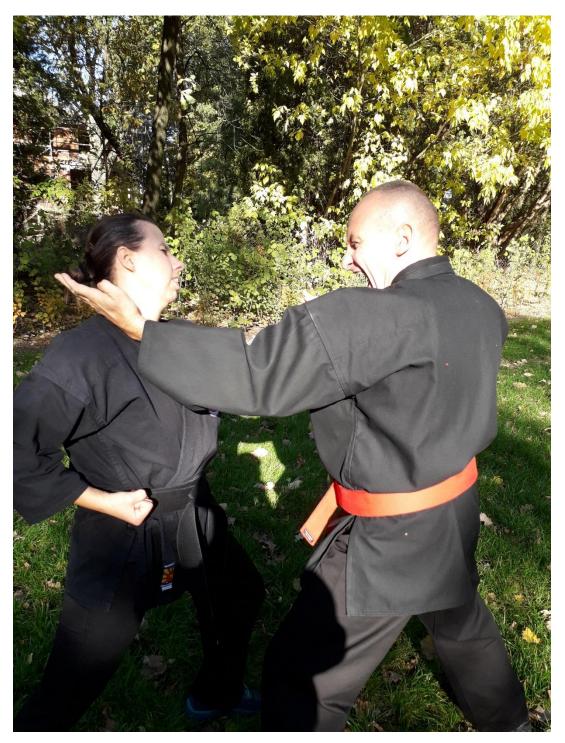
Soke Adam Jurczakowski is presenting otoshi-uraken-uchi.



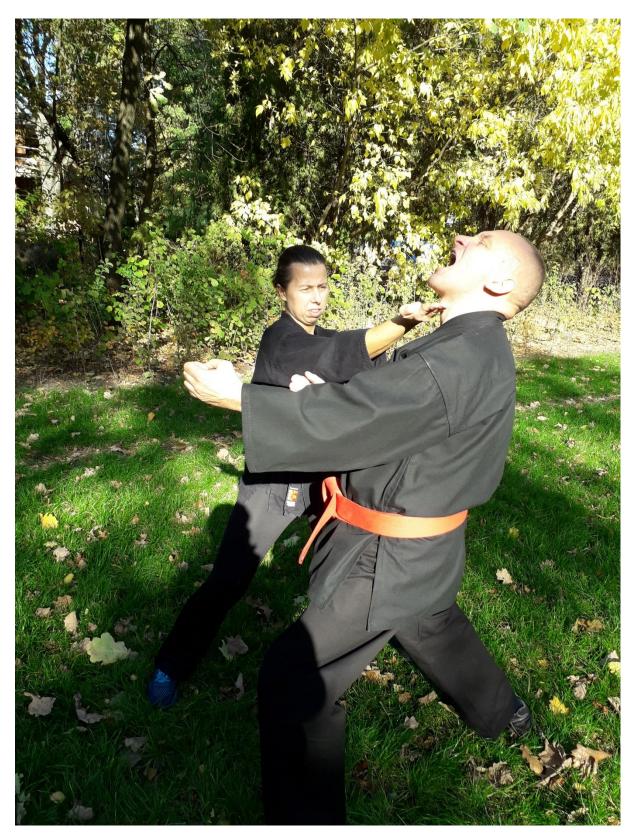
Sensei Agnieszka Jurczakowska is presenting uchi-uraken-uchi.

<u>SHUTO – UCHI</u>

This impact uses an impact surface called shuto (hand knife, outer saber). Shuto-uchi is very similar to tettsui-uchi. The difference is in using your open hand.



Soke Adam Jurczakowski is presenting soto-shuto-uchi.



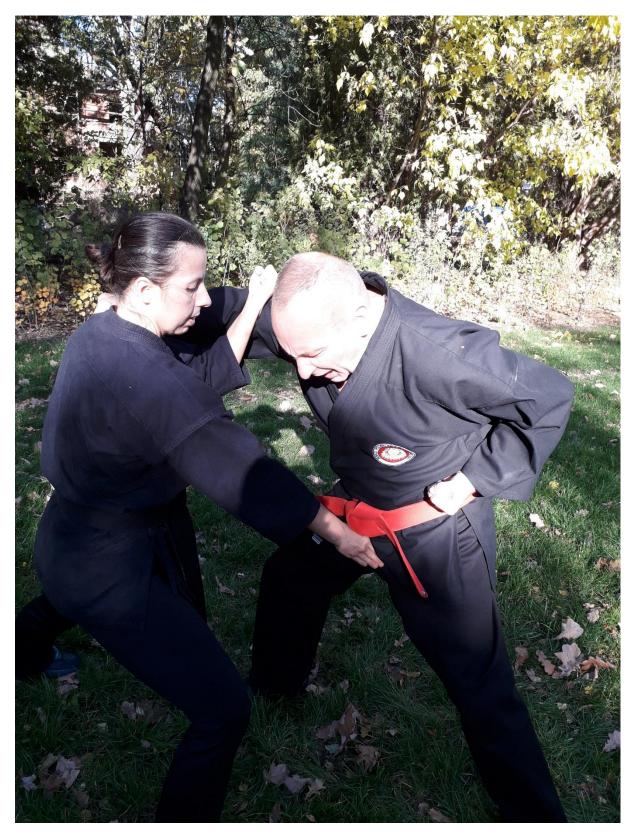
Sensei Agnieszka Jurczakowska is presenting soto-shuto-uchi.

<u>HAITO – UCHI</u>

This stroke is very similar to that discussed above. However, it uses the haito surface (inner saber, opposite edge to the shuto).



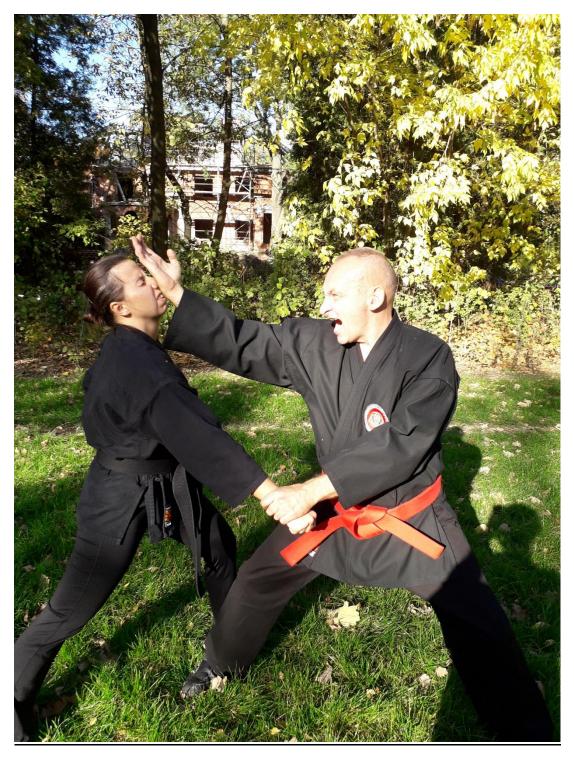
Soke Adam Jurczakowski is presenting uchi-haito-uchi.



Sensei Agnieszka Jurczakowska is presenting age-haito-uchi.

<u>HAISHU – UCHI</u>

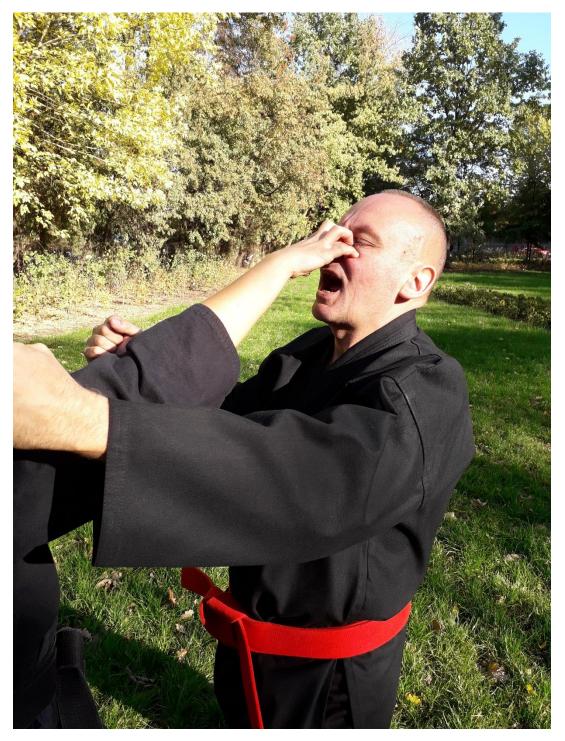
It uses the dorsal surface of the open palm. Due to the plane of the hand, haishu-uchi are divided similarly to the above-mentioned strokes. The hand can of course be laid: with the back up, down, in the lateral or oblique plane.



Soke Adam Jurczakowski is presenting otoshi-haishu-uchi.

TORADE - UCHI

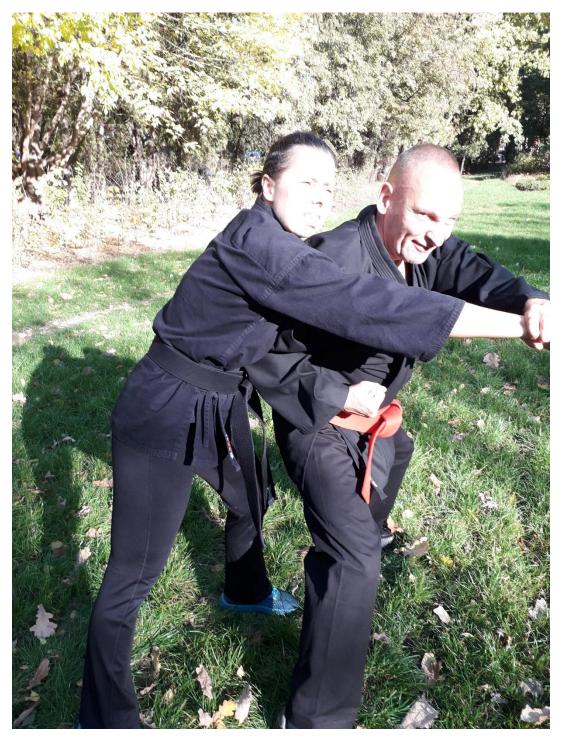
Hitting the torade surface (tiger claws). This is a stroke that is slightly different from the others. The tips of the fingers stick into the target, and then there is a violent jerk, whose purpose is to tear the attacked place on the opponent's body. It is most often attacked in this way: parts of the face (e.g. eyes), neck, throat, collarbones, ribs, genitals.



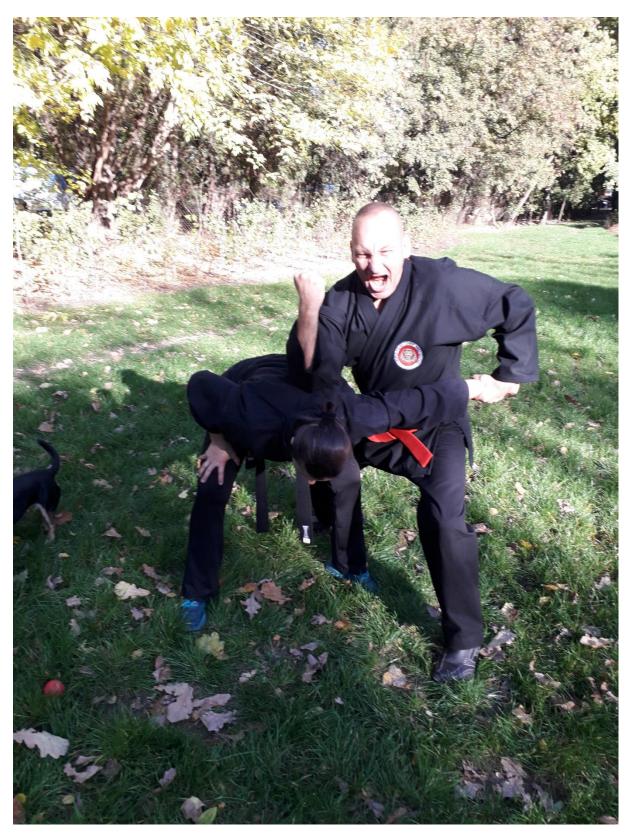
Sensei Agnieszka Jurczakowska is presenting torade-uchi.

<u>ENPI – UCHI</u>

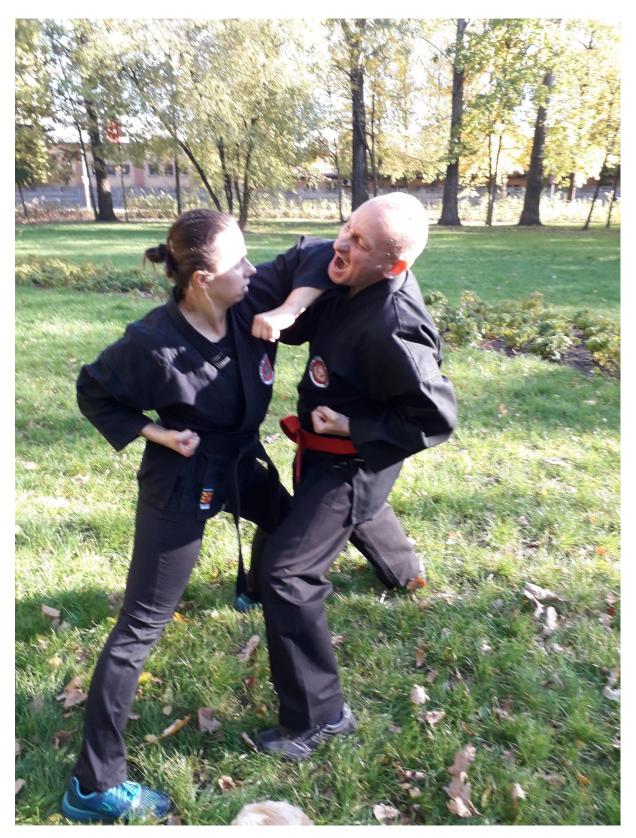
It's an elbow hit. We use it when we are in a short distance away from the opponent. There are the following types of this extremely strong blow: mawashi-enpi-uchi (in a circle), maeenpi-uchi (forward), yoko-enpi-uchi (sideways), ushiro-enpi-uchi (backward), age- enpi-uchi (up), otoshi-enpi-uchi (down). You can also ask enpi-uchi diagonally, or naname.



Soke Adam Jurczakowski is presenting ushiro-enpi-uchi.



Soke Adam Jurczakowski is presenting otoshi-enpi-uchi.



Sensei Agnieszka Jurczakowska is presenting mawashi-enpi-uchi.



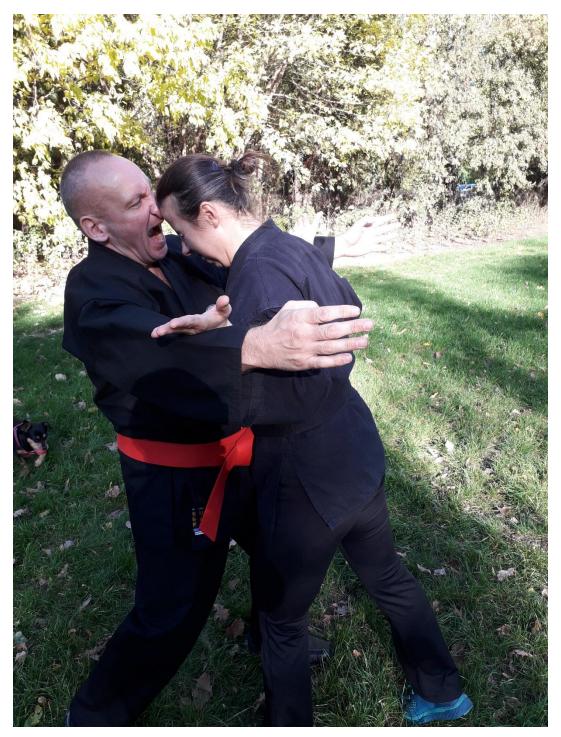
Soke Adam Jurczakowski is presenting yoko-enpi-uchi.



Sensei Agnieszka Jurczakowska is presenting age-enpi-uchi.

<u>ATAMA – UCHI</u>

In other words, it is a head hit. The hits from this group are extremely strong. They are performed in a very short distance. Atama-uchi are especially effective in contact with the nose, temple and ear area (soft parts of the attacker's head). The most commonly used are: mae-atama-uchi (forward head bump), yoko-atama-uchi (side head bump to the side), ushiro-atama-uchi (back bump).



Sensei Agnieszka Jurczakowska is presenting mae-atama-uchi.



Sensei Agnieszka Jurczakowska is presenting ushiro-atama-uchi.



Soke Adam Jurczakowski is presenting yoko-atama-uchi.

CONCLOSION

The techniques of the uchi-waza group are fundamentally different from tsuki-waza. They are used for a completely different purpose. If they are correctly executed, they should not lead to rejection of the opponent. They are to cause a destructive effect in a specific place on the aggressor's body. To get this effect, use your body like a whip, not a wooden board.



NOTES FOR AUTHORS

Combat Martial Arts programms and manuals ICMAUA publishes original programms and manuals of Martial Arts styles, organizations and schools: trainings, belts (Kyu, Dan) requirements and exams, education and philosophy.

Combat Martial Arts programms and manuals ICMAUA will be published after receiving of materials from authors - members of the ICMAUA

Combat Martial Arts programms and manuals ICMAUA is published in a PDF format and is placed in free access in the Library of Combat Martial Arts manuals and programms ICMAUA (<u>www.icmaua.com</u>).

Combat Martial Arts programms and manuals ICMAUA publishes original papers "as is written by author", without any changes (also grammatical or stylistic) in the basic text. Changes in design are possible.

All submitted articles need to be written in English and sent by e-mail to the Editor: info@icmaua.com.

Format requirements: size of page: A4; MS Word, Font: Arial, 12, Line spacing: single (1). Photos and tables are accepted. All photos, pictures or tables should be sent in a text in .docx format.

Disclaimer

The full responsibility for the published articles belongs to the authors.

The publisher, editors of the *Combat Martial Arts programms and manuals ICMAUA* and ICMAUA disclaim responsibility for any liability, injuries, or damages.



COMBAT MARTIAL ARTS PROGRAMS AND MANUALS ICMAUA

Distributed for members in the countries: Afghanistan, Algeria, Angola, Argentina, Australia, Austria, Azerbaijan, Bahrain, Bangladesh, Belarus, Belgium, Bosnia & Herzegovina, Brazil, Bulgaria, Cameroon, Canada, Chile, China, Costa Rica, Croatia, Denmark, Egypt, France, Finland, Germany, Georgia, Ghana, Greece, Guam, Guyana, Haiti, Hungary, India, Indonesia, Iran, Iraq, Ireland, Israel, Italy, Jamaica, Japan, Kazakhstan, Kuwait, Latvia, Luxembourg, Malaysia, Maldives, Malta, Mauritius, Mexico, Montenegro, Morocco, Nepal, Netherlands, New Zealand, Nigeria, North Korea, Norway, Pakistan, Peru, Philippines, Poland, Portugal, Puerto Rico, Romania, Russia, Saint Lucia, Saudi Arabia, Scotland, Serbia and Montenegro, Sierra Leone, Singapore, Slovenia, South Africa, South Korea, Spain, Sri Lanka, Sudan, Sweden, Switzerland, Syria, Tajikistan, Thailand, Trinidad and Tobago, Tunisia, Turkey, Uganda, Ukraine, United Arab Emirates, United Kingdom, United States of America, Uruguay, Uzbekistan, Venezuela, Yemen, Yugoslavia.



www.icmaua.com