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UCHI – WAZA IN THE POLISH KENPO



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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.

TETTSUI – UCHI

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.

URAKEN – UCHI

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-uraken-uchi, 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.

SHUTO – UCHI

This impact uses an impact surface called shuto (hand knife, outer saber). Shuto-uchi is very similar to tetsui-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.

HAITO – UCHI

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.

HAISHU – UCHI

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.

ENPI – UCHI

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), mae-enpi-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.

ATAMA – UCHI

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.

CONCLUSION

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.



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