

Strikes (Zuki) - Black Belt Belt

Japanese	Pronunciation	English	Approved
Seiken Zuki	<i>Say-ken Zoo-key</i>	Forward Punch	
Gyaku Zuki	<i>Guy-ah-coo Zoo-key</i>	Reverse Punch	
Tettsue	<i>Tet-sue-ee</i>	Hammer Fist	
Nishi Ken	<i>Nee-she Ken</i>	Splitfingers	
Empi	<i>Em-pee</i>	Elbow	
Kumade Uchi	<i>Coo-mod-ee Oo-che</i>	Bear Hand	
Riken Zuki	<i>Ree-ken Zoo-key</i>	Back Fist	
Mawashi Zuki	<i>Ma-wash-ee Zuki</i>	Round Punch	
Kagi Zuki	<i>Kog-ee Zoo-key</i>	Round Hook Punch	
Tate Zuki	<i>Tah-tay Zoo-key</i>	Vertical Fist	
Shotei Zuki	<i>Show-tie Zoo-key</i>	Palm Hand Strike	
Hu Chao	Who Chow	Tiger Claw	
Han Utchi Ken	Hand Oochy Ken	Extended Knuckles	
Koko Shuto	Cocoa Shoot-toe	Ridge Hand	
Kakuto	Ka-coot-toe	Bent Wrist	
Ippon Ken Zuki	Eye-pon Ken Zoo-key	Extended First Knuckle	
Mae Ude Ken	May Oo-dee Ken	Forearm Strike	
Shuto	Shoot Toe	Knife Hand	
Mae Naru Ken	May Narrow Ken	Snap Punch	
Oya Yubi	Oi-ya You-be	Thumb Punch	
Ura Zuki	<i>Rrrra Zoo-key</i>	Upper Cut	
Haishu	Hi-shoe	Back Hand	
Morote Zuki	<i>Moe-roat-tay Zoo-key</i>	Double Punch	
Nukite	<i>New-key-tay</i>	Extended Fingers	
Ippon Nukite	<i>Eye-pon New-key-tay</i>	Extended First Fingers	
Nihon Nukite	<i>Knee-hon New-key-tay</i>	Extended Two Fingers	
Oni Ken Zuki	<i>Own-ee Ken Zoo-key</i>	Extended Middle Knuckle	
Oi Zuki	<i>Oi Zoo-key</i>	Lunge Punch	
Keito Ken	<i>Key-toe Ken</i>	Chicken Head	
Okinawa Te	<i>Oh-ken-ow-ah Tay</i>	Side Fist	
Seriyuto Uchi	<i>Sary-you-toe Oo-che</i>	Wrist Bone	