

Spec. number: 10

Technique: Augmented side punch (Morote-zuki)

Kata: N1, Kusanku

Page number: 72

Description: "This is formed similarly to chasing punch with one of the hands serving to accelerate the force of the other while staying *parallel* to it."



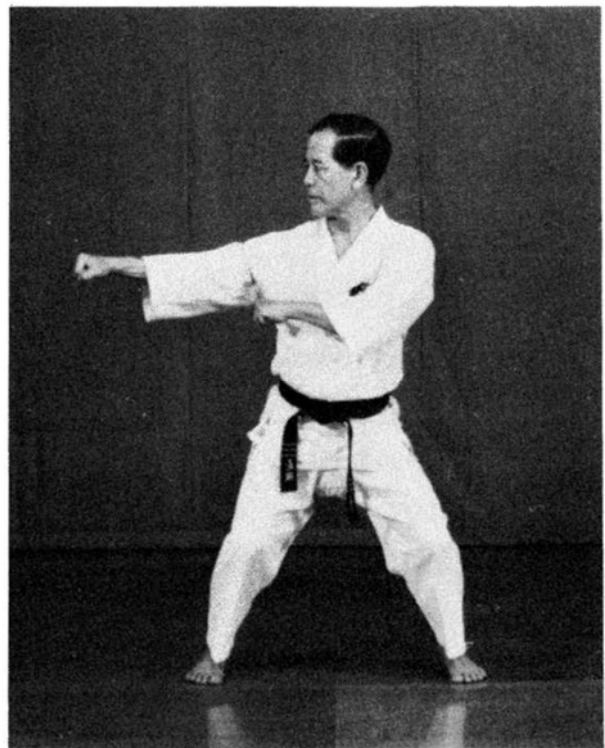
Although Nagamine Sensei describes the augmenting arm as "parallel," the photographs as well as the Red Book and Kata DVD show the elbow *slightly* lower than the wrist to protect the floating ribs while the forearm protects the solar plexus. Some students have the augmenting arm positioned away from the body as if to deliver a punch. This is incorrect.

Note also that the fist of the augmenting arm is palm down as per the photographs, Red Book illustration and Kata DVD.

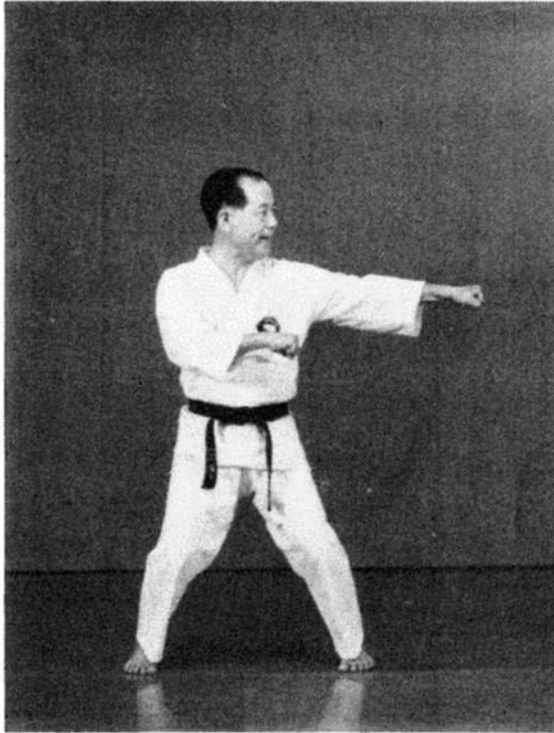
Photographs: 73(18)

Nihanchi sho: 151(21), 152(38)

Kusanku: 239(50)



Nihanchi 1 pg. 151



21 kiai

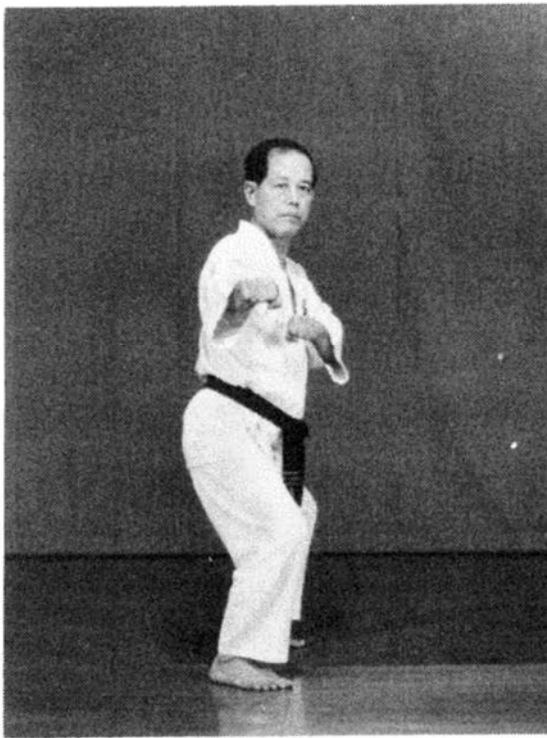
Nihanchi 1 pg. 152



38 kiai

Kusanku pg. 239

50



Spec. number: 11

Technique: Spear-hand thrust (Nukite-zuki)

Kata: P1, P3, Gojushiho, Kusanku

Page number: 74

Description: "This technique is formed with the fingers extended and tightened together and is used to thrust at the eyes, solar plexus or ribs."

Comments:



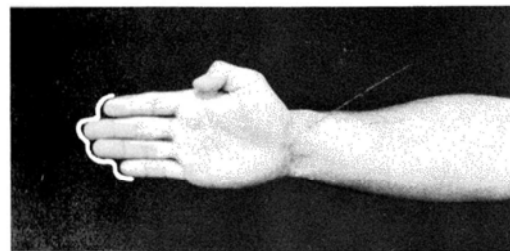
12



13

Some students bend the middle and ring fingers to form a straight line with the index finger. This is incorrect. See the introductory sequence to P1 in the Kata DVD.

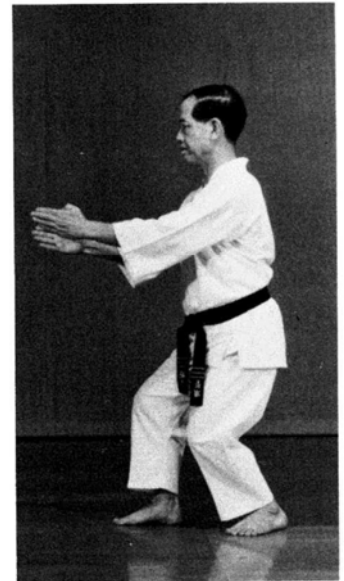
The photographs show a slight *bend* at the elbow with the hand aiming upwards. We lock out the elbow as in a middle punch, as seen in the Red Book pg. 72(12). An important exception is the *double* spear hand thrust in Gojushiho, which strikes upwards under the rib cage, as shown by Master Nagamine (Fig. 21) and the Red Book (Fig. 13).



19



20



21

Note that there is no bend in the wrist. Some students angle the hand up or down, which is incorrect.

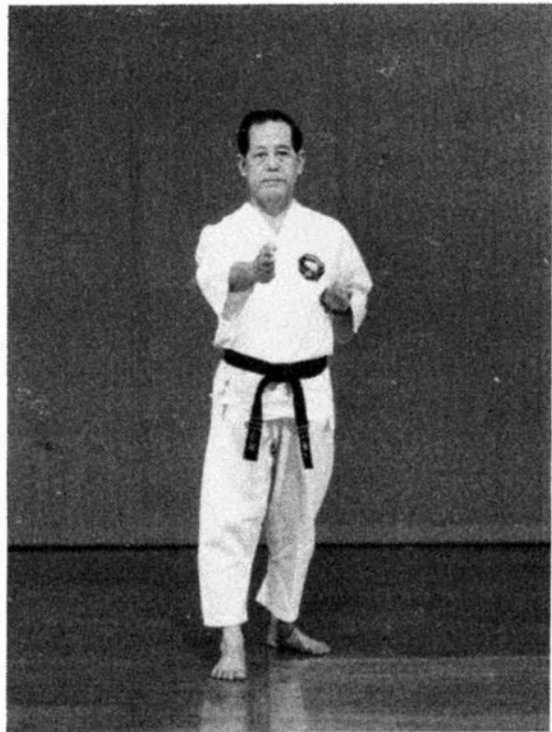
Photographs: 74(19 – 21)

Pinan shodan pg. 118

15 kiai

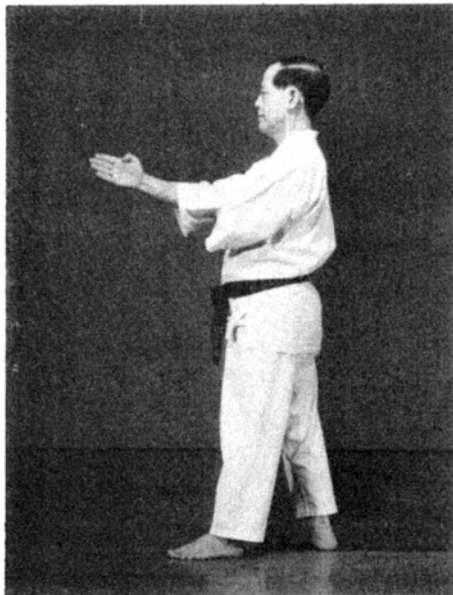


Pinan sandan pg. 130



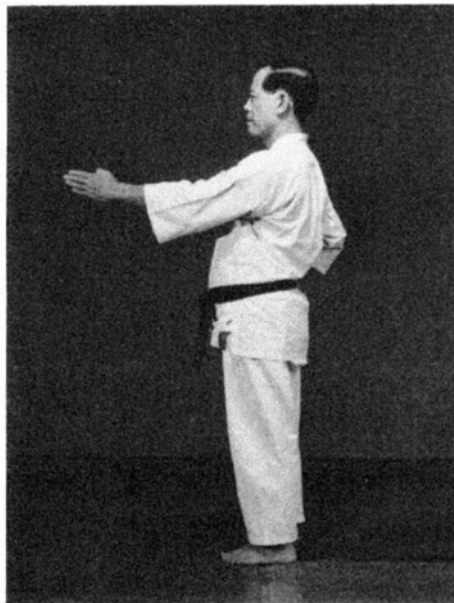
11

Gojushiho pg. 210



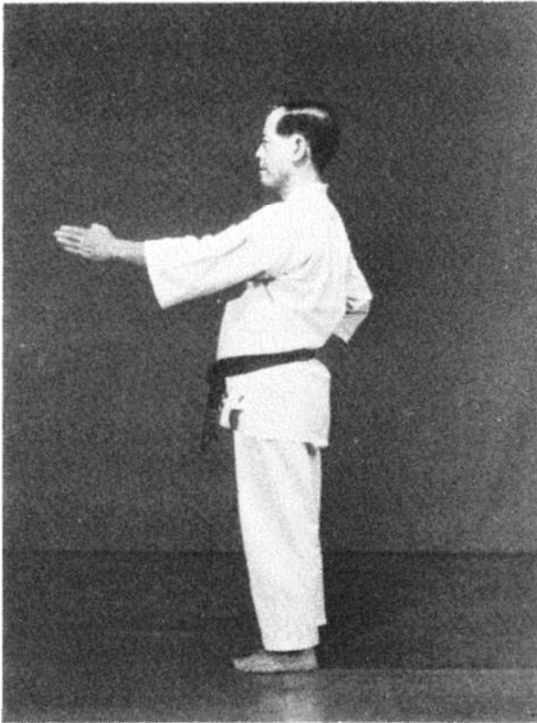
20 (second view)

Gojushiho pg. 210

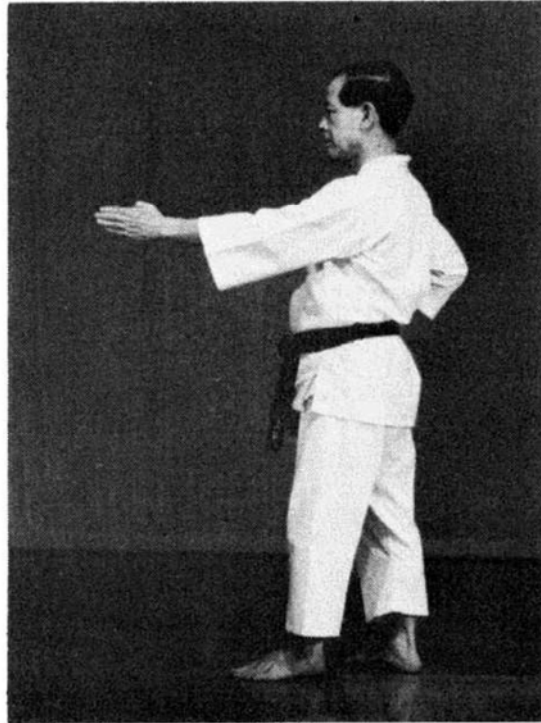


22

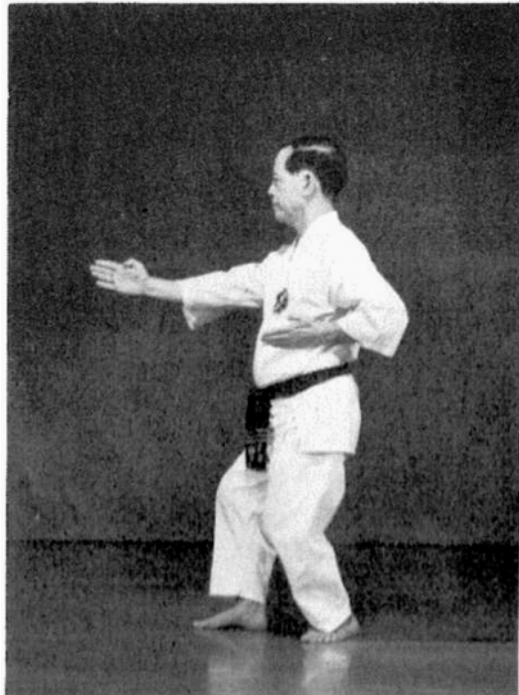
37



38



40



58 kiai

