

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:

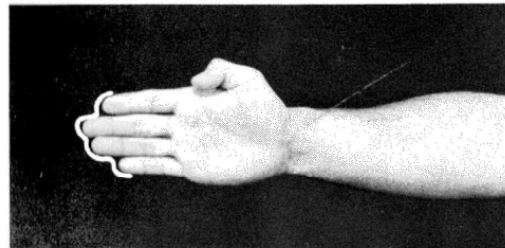


12



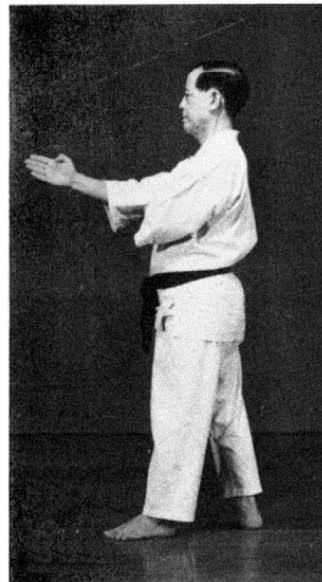
13

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.

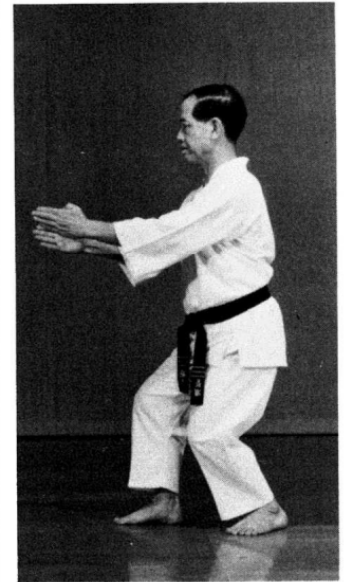


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The photographs show a slight *bend* at the elbow with the hand aiming upwards. We lock out the elbow as in a middle punch, as seen in the Red Book pg. 72(12). An important exception is the *double* spear hand thrust in Gojushiho, which strikes upwards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



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21

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

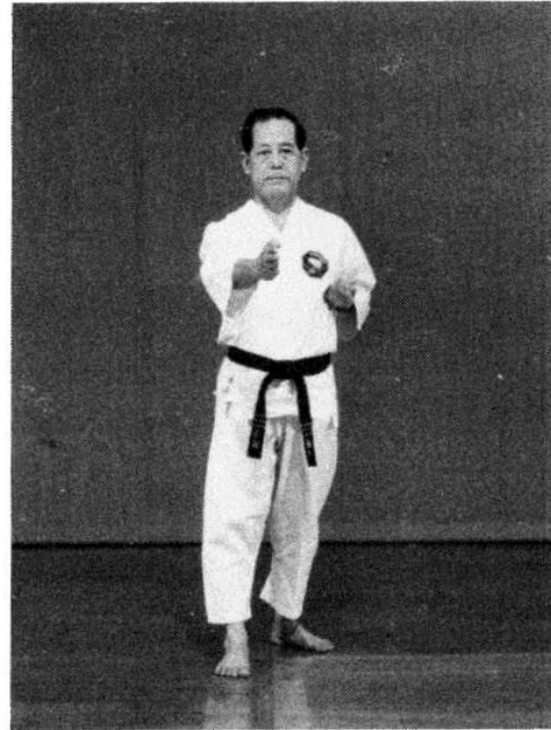
Photographs: 74(19 – 21)

Pinan shodan pg. 118

15 kiai

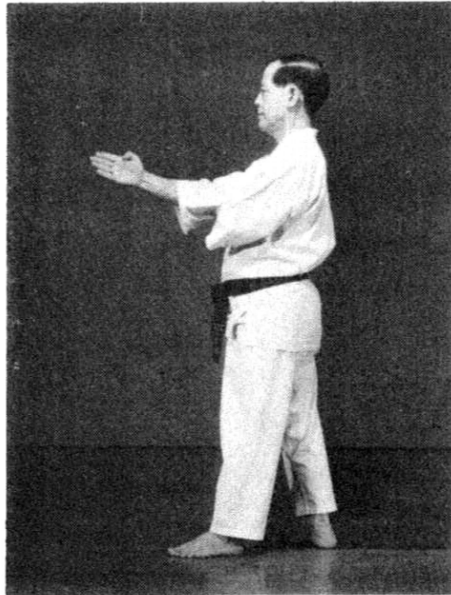


Pinan sandan pg. 130



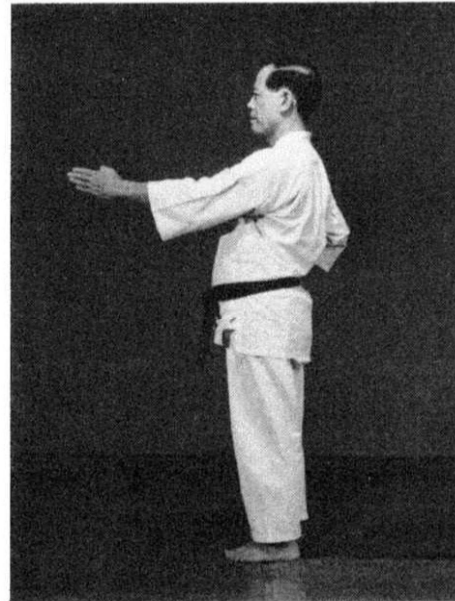
11

Gojushiho pg. 210



20 (second view)

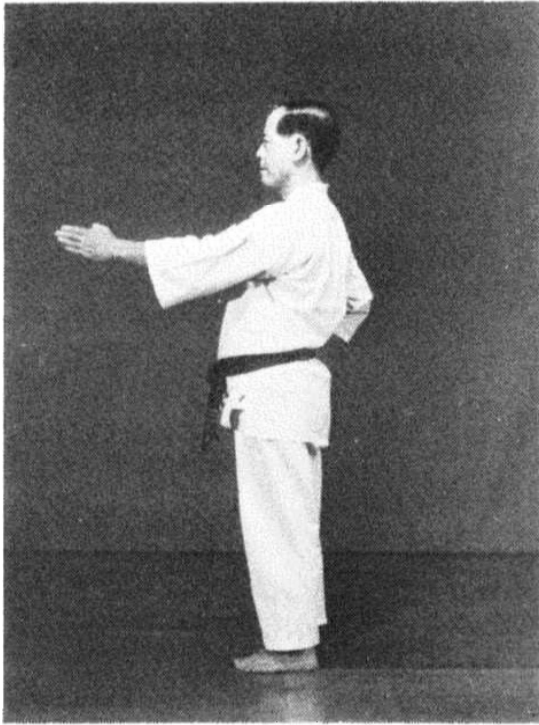
Gojushiho pg. 210



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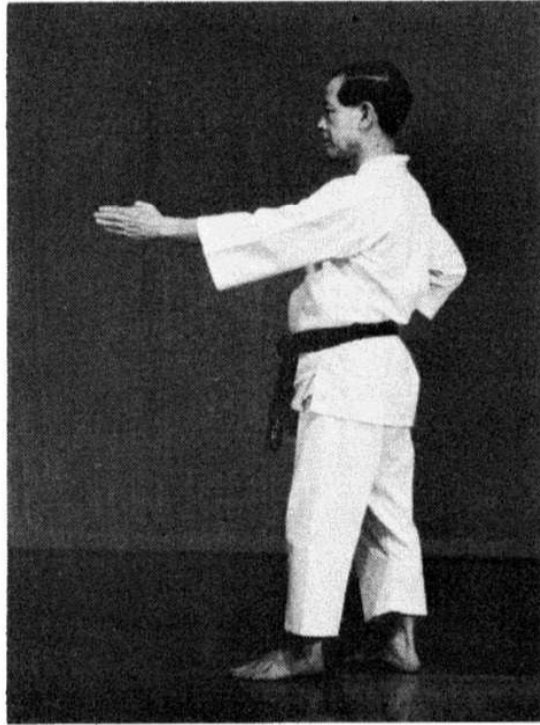
Gojushiho pg. 212

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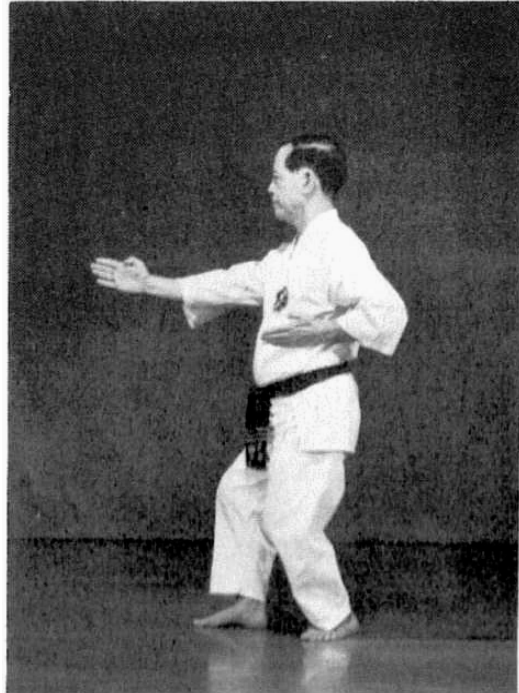
Gojushiho pg. 212

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Gojushio pg. 212

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Kusanku pg. 240

58 kiai

