

Basic Skill Development

GYAKU ZUKI GYAKU ZUKI

Side View



1



2



3

Key Points of Gyaku Zuki

- Keep your elbow tucked in to your body and aim your fist at the target
- Extend your punch in a straight line, with your elbow behind your fist
- Corkscrew your punch as you approach the "kime" point
- Allow your back heel to lift as your punch extends naturally with your hip rotation
- Avoid losing your posture through over-extension
- Allow your punch to recoil in time with your hips, maintaining "seichusen"

Exercises to develop Gyaku Zuki (refer to DVD for demonstrations)

- #1 Bag Work – Developing distance, target, zanshin and power
- #2 Moving Target – Developing correct distance and timing
- #3 Hand Speed – Developing speed and control while minimising telegraphs
- #4 Hand Speed – Maximum number of punches in 30 seconds, maintaining correct technique
- #5 Hand Speed Combination – Maximum number of punches in 30 seconds, maintaining correct technique
- #6 Reaction Timing - "Person A" gives a target or provides an opening. "Person B" responds ASAP!
- #7 Partner Belt Exercise – Developing straight line, while minimising telegraph

Front View



1



2



3

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Continued...

Exercises to develop Gyaku Zuki (refer to DVD for demonstrations)

Conditioning Exercise 1



1



2



3

•#8 Conditioning Exercise 1 (as above) – Developing leg strength, correct posture, good form and maximum reach

Conditioning Exercise 2



1



2



3

•#9 Conditioning Exercise 2 (as above) – Developing leg strength, correct posture, good form and maximum reach

•#10 Maximum Reach – Start at close distance, moving further from the target each time until you find your maximum reach with one step