



### List of Atemi

- Atemi Ichi** ..... Strike to face 1 under nose  
**Atemi Ni** ..... Strike to face 2 under chin  
**Atemi San** .....Strike to face 3 side of jaw  
**Atemi Shi** .....Strike to face 4 to temple  
**Kasumi Dori**.....Glancing strike to side of neck  
**Hibara Uchi** ..... Elbow strike to ribs  
**Sei Getsu** ..... Strike to solar plexus  
**Hon Getsu**..... Strike to navel area  
**Kin Geri** .....Knee to groin

### List of Keri Te - Kicks

- Tonbo Geri**..... Rolling kick  
**Mae Geri** ..... Front snap kick  
**Mawashi Geri**..... Roundhouse kick  
**Yoko Geri** ..... Side kick  
**Ryoashi Geri** ..... Jumping double kick  
**Mae Tobi Geri** ..... Jumping snap kick

### List of Uke Te - Blocks

- Jodan Uke** ..... Upper level block  
**Nagashi Uke** ..... Parry block  
**Shuto Uke** ..... Knife hand block  
**Gedan Uke** ..... Low level block

## Arts of Atemi Waza

### Striking techniques

#### **Atemi Ichi** Strike under nose #1

Block Uke's right punch with a left inside Shuto block. Do a right hand palm strike under Uke's nose aiming through the back of his head. Caution as blood from Uke may infect you. The effect will likely water their eyes.



#### **Atemi Ni** Strike under the chin #2

Block Uke's right punch with a left inside Shuto block. Do a right hand palm strike under Uke's chin aiming to the back top of his head. This may cause a nerve knock out through the nerves in the mandible joint or a minor concussion knock out.



#### **Atemi San** Strike to the jaw #3

Block Uke's right punch with a left inside Shuto block. With your right fist next to your right ear do a judo knuckle downward strike. The target is the left angle of Uke's jaw. With a motion like your fist is a baseball with a relaxed wrist strike with your right knuckle about one-half the way between Uke's chin and where the jaw turns up to ukes ear/this may dislocate the jaw/**Target Variation**-aim below the left ear where the jaw hinge is striking with a judo knuckle hash knife or hammer fist/this may cause a nerve knock out



#### **Atemi Shi** Strike to temple #4

Block ukes right punch with a left inside Shuto block/use either Judo knuckle, hash knife strike or hammer fist strike to anatomical temple above ukes left ear/this can be a careful//



Use the letter J to remember these Atemi striking point

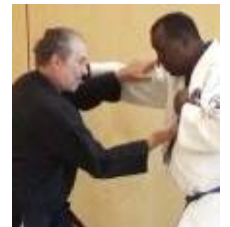


## Atemi Striking techniques

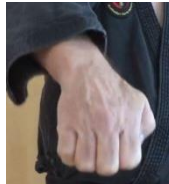
**Kasumi Dori** “Glancing strike” strike to side of neck  
Block Uke’s right punch with a left inside Shuto block. This illustration shows a jammed right punch entry. Do a right Shuto strike with your palm down just in front of Uke’s right sternocleidomastoid muscle with the aim through the neck to the left side of Uke’s neck. This will stun uke by attacking the Carotid sinus and the vagus nerve with a possible nerve knock out.



**Sei Getsu** Strike to solar plexus  
Be ready to block Ukes left punch as you block Uke’s right punch with a left inside Shuto block. Use a half fist leopard fist upward jab to Uke’s solar plexus. This spasms the diaphragm or worse. Be ready to block Uke’s left strike.



**Hon Getsu** Strike to navel area  
Block Uke’s right punch with a left inside Shuto block. Before Uke counter strikes use a half fist leopard fist with a downward jab to 2 inches below Uke’s one point. This strike may cause internal damage. Be ready to block left strike.



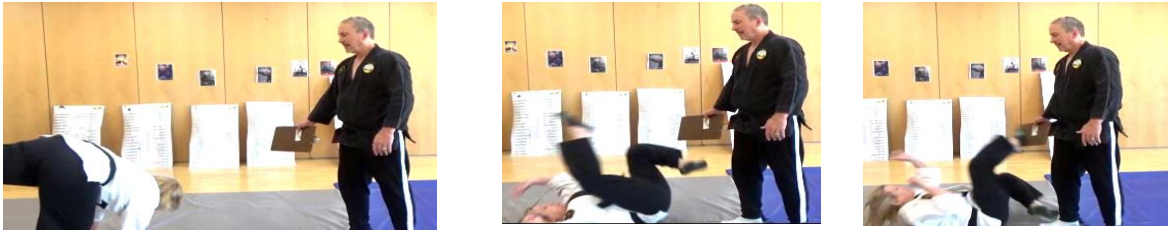
**Kin Geri** Knee to groin  
Uke does a arms pinned front bear hug. Press your thumbs into nerves on the inside thighs or pinch the inside thighs. Do an upward right knee groin strike in between Uke’s legs.



**Hibara Uchi** “Elbow strike” elbow strike to ribs. Uke does a right hand punch. Do a soft outside parry with your left hand as you step forward and to your left foot. With your right fist at your belly strike Ukes right short ribs with your right forearm. At the same time step past Uke’s right side with your right foot. Another optional strike after you step through is with the point of your right elbow above Ukes right hip is possible as you walk away.



## Arts of Keri Te kicks Tonbo Geri Rolling kick



Do a right forward roll off to the left for practice. Using a pad held at Uke's groin level for a target follow through the target with slap the bottom of your right foot. For street application use a downward right extended heel to the top of the attackers pubic bone as you complete the roll coming up on to your left knee.

## Mae Geri Front snap kick



Lower kicks at the knee or below makes you less vulnerable to counter attack Other targets: lean back for more power Stand with your left foot forward your hands are up in a defensive position. Bring your right foot up next to the inside of your left knee. With a relaxed leg thrust the right foot to the target. Draw your toes back and kick with the ball of your right foot. With your shoes on kick with the bottom part of your foot where the ball of your foot is. Tense the leg muscles just before your right leg straightens then relax it so your leg snaps back to your left knee. Then step back into a defensive stance. During practice your foot goes out slowly and back fast. Some basic targets are the shin, the knee, the groin. When kicking the groin come up in between Uke's legs to catch all of the groin. We also practice kicking the solar plexus and snap kick under the chin.

## Mawashi Geri roundhouse or whip kick



Stand with your left foot forward your hands up in a defensive position. Bring your right knee up to your inside left knee with your right foot horizontal to the mat in line with your right knee. Whip your right foot to the target with the ball of your right foot as the striking weapon. Some targets are the outside or inside of Uke's lower legs, the outside or inside of Uke's knees, and Ukes short ribs. A good way to practice is with your left foot forward. Uke throws a left punch while stepping with their left foot. Grab Uke's left wrist with your left hand from the outside. Do a right whip kick to ukes left short ribs.

**Keri Te** kicks continued  
**Yoko Geri** side kick



Stand with your left foot forward your hand up in a defensive position. Draw a counter clockwise circle from the ground up and around in front of you with your right toes. You use this motion to help you to pivot on the ball of your left foot. Your left foot is now pointed to your left. Your right foot is bottom up little toe against the inside of your left knee. Thrust out you knife edge of your right foot slow to the target then tense before leg is extended snapping it back fast like a whip. Speed it up on application on the street.

**Yoko Geri** side step



Side step right foot then left foot. Chamber your right foot to the inside of your left knee. Lean back sideways as you kick with the outside edge of your right foot. Bring your right foot back to your left knee then cross step in front of your left knee with your right leg to defensive stance.