

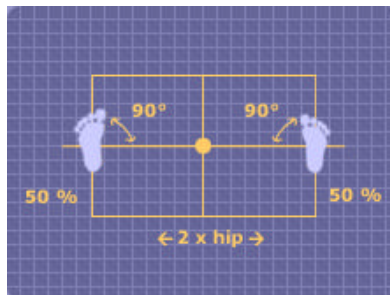
TEWAZA – 27 hand techniques

Start in a good attention stance with your hands at your side and feet together, bow.

With your right foot stuck to the floor step out in a semi circle with your left foot shoulder width apart. This is called the **Horse Stance** or "*Kiba-dachi*" in Japanese terminology.



- Weight is distributed evenly 50-50
- Looking straight forward
- Tight fists at the belt
- Hips are tilted inward and buttocks are tucked under
- A 90-degree arc is formed from the tip of the large toes back to the centerline, which should line up with the insteps.



All blocks and punches are done using the push / pull format. Also if one hand is in the out position the other hand is at the belt.

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Starting the **Tewaza**

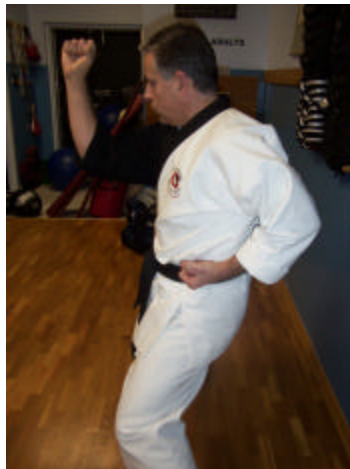
Face Blocks



1 – Right hand up with a tight fist to set up for the first face block. Move your left arm up your right arm until it reaches your right wrist and push up for the block.

2 – Left hand up with a tight fist to set up for the first face block. Move your right arm up your left arm until it reaches your left wrist and push up for the block

Twist your wrist at the end of both face blocks. The block finishes above the fore head.



Notice the elbow comes right past the belt. This can be used to strike an attacker coming up from behind. The fist is closed tight at the belt and is not resting on the hip.

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Outside Chest Blocks



3 – Punch out with your right fist. Your left fist is at your left ear. In a downwards motion you do the block with a twist at the end. Remember not to go past the centerline of your body.

4 – Punch out with your left fist. Your right fist is at your right ear. In a downwards motion you do the block with a twist at the end.

Inside Chest Blocks



5 – Punch start out with your right fist. With your left hand reach across like you are grabbing an imaginary sword on the right side of the body and block.

6 – Punch start out with your left fist. With your right hand reach across like you are grabbing an imaginary sword on the left side of the body and block.

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Low Blocks



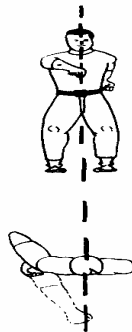
- 7** – Punch straight down with your right fist. Your left fist is at the right ear
Bring your left fist down to finish the block
- 8**– Punch straight down with your left fist. Your right fist is at the left ear
Bring your right fist down to finish the block

Punching Chest



Raise your right fist in the set up position at chest height

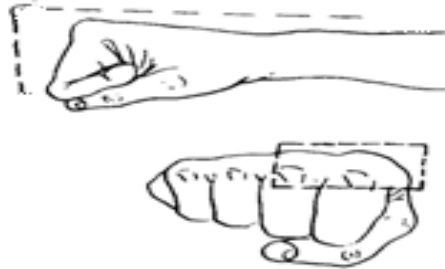
- 9** – Punch chest with your left fist
- 10** – Punch chest with your right fist



All blocks never go beyond our imaginary centerline. All punches also are directed to the center of the body.

Written by Sensei Jeff Nidd – January 2, 2004
Pictures are of Sensei Bob Hurtubise

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Notices which two knuckles are making contact during the punch. Also the wrist is kept straight and not bent during the punch to protect from injury.

Punching Chest – Left and Right



Note: Always turn your head to the direction before you punch. There is no need to punching into thin air if the attacker has moved.

11 – Look over your right shoulder. Punch your left fist to the right

12 – Look over your left shoulder. Punch your right fist to the left

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Punching over the shoulder – left and right



13 - Look over your right shoulder. Punch your left fist over your right shoulder at face height. Right fist is tight at the belt.

14 - Look over your left shoulder. Punch your right fist over your left shoulder – face height. Left fist is tight at the belt.

Elbowing in front under the Chin



15 – Drive the left elbow out to hit your attacker under the chin. Look straight forward

16 – Drive the right elbow out to hit your attacker under the chin. Look straight forward

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Knife Hand Block



17 – Strike straight out with your right hand in a “spear hand”. The left hand is cupped at the right ear. Pull your right hand back to the belt and push your left hand out into a “knife hand”. This technique is for a block.



18 – Strike straight out with your left hand in a “spear hand”. The right hand is cupped at the left ear. Pull your left hand back to the belt and push your right hand out into a “knife hand”. This technique is for a block.

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Gouging the Eyes



19 – Left hand strikes out to gouge the eyes. Right hand is at the belt in a tight fist.

20 – Right hand strikes out to gouge the eyes. Left hand is at the belt in a tight fist.

Elbow behind – shoulder height



21 - Look to your left. Left elbow strikes out at shoulder height.

Capturing the head and applying an elbow strike



22 – Look in front. Right hand comes out to capture the attacker's head. The left elbow comes into strike the head. It is easier to move your arm than it is to move the attacker's head.

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Elbow behind – shoulder height



23 Look to your right. Right elbow strikes out at shoulder height.

Capturing the head and applying an elbow strike



24 - Look in front. Left hand comes out to capture the attackers head. The right elbow comes into strike the head.

Elbow behind to the Face level



25 - Look over your left shoulder. Drive your left elbow over your shoulder at face height to hit the attacker from behind.

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26 - Look over your right shoulder. Drive your right elbow over your shoulder at face height to hit the attacker from behind.

“X”block



27 – Strong “X” block in front above the head.

Finish with a strong Kiai in a Kiba-dachi stance

