

KARATE

THE POWER OF THE EMPTY HAND



Stand in zen-kutsu-dachi, hands held up to guard face

LAST week we had discussed an *ido-kihon* involving *uchi-mawashi-giri*. Now, we're dealing with very much the same thing: only, the kick that we'll be using here is the *shoto-mawashi-giri* or the circular kick from outside to inside.

Stand in *zen-kutsu-dachi*, hands held up to guard your face. Then bring the back foot up, ankle twisted to form a knife-edge with the side of your foot. Making sure you are perfectly balanced on the grounded foot, lift the other leg and circle it in front of you from outside to make contact with your opponent's head with the instep. On completion of the kick,

Bring the back foot forward, ankle twisted to form knife-edge



Kick in a circular motion, starting from outside and finishing inside

bring the leg down in front and move into *zen-kutsu-dachi* in preparation for another kick.

While this can be used as an offensive move in *kumite* or sparring, it can also be used as a defensive manoeuvre against a knife attack to the upper body.