

## Shotokan Karate Punches (Tsuki-waza)

English	Japanese	Pronunciation
Straight Punch	Choku-zuki	cho-ko zoo-key
Vertical fist Punch	Tate-zuki	ta-tay zoo-key
Thrust Punch	Kizami-zuki	key-za-me zoo-key
Rising Punch	Age-zuki	a-gay zoo-key
Roundhouse Punch	Mawashi-zuki	muh-wa-she zoo-key
Hook Punch	Kage-zuki	ka-gay zoo-key
Close Punch	Ura-zuki	oo-ra zoo-key
Lunge Punch	Oi-zuki	oi zoo-key
Reverse Punch	Gyaku-zuki	ga-ya-koo zoo-key
Two-handed punches	Morote-zuki	more-oh-tav zoo-key
Wide U Punch	Yama-zuki	yah-ma zoo-key
U Punch	Awase-zuki	ah-wa-say zoo-key
Parallel Punch	Heiko-zuki	hay-koh zoo-key
Scissors Punch	Hasami-zuki	ha-sa-me zoo-key