

Seiken Hydraulic Brake Parts Catalog

There are other types of karate fist, but Seiken or fore-fist, is the first fist we practice in Shotokan karate. First used for choku zuki (straight punch) Try not to get discouraged if you feel you cannot make a ... The Seiken is a punch with the first two knuckles and is a typical technique for all karate fighters in Baki series. It is one of the most versatile and powerful weapons of Okinawan karate. Sep 30, 2025 · Find information about tournaments, events, special lessons, training schedules, achievements, and important club announcements—all in one place. Jan 1, 2017 · The standard fist or seiken is one of the simplest, most recognized, and universally employed techniques in martial arts and fighting. There are many different variations on making a fist ... One of the most versatile and powerful weapons of Okinawan karate is the seiken (proper fist). To make a proper fist, start by extending all four fingers and pressing them tightly together. Sep 10, 2023 · Seiken (正拳) means “proper fist” or “fore fist”. Choku (直) means “straight” and tsuki (突き) means “thrust” or “punch”. So, seiken choku tsuki means a straight punch with a fist. ... Seiken is used when performing Jodan - duki (upper body thrust), the attack position for the chest and the stomach; and Gedan - duki (lower body thrust), for attacking the lower abdomen and groin. Ipponken, Nukite and Hiraken are the normal ones... Seiken is the same type of fist as in Tateken or Urazuki. You simply go from palm facing down, to inside and finally up. Urazuki is ideal for close ... Jun 13, 2023 · Understanding Seiken: Seiken, which translates to “fist of justice” or “sacred fist,” is a Japanese martial art that focuses on striking techniques using the hands and arms. It places ... Seiken was an Okinawan innovation. It is easier and safer for beginners and can be used against more targets than shōken, but it is not as penetrating.

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