

Tsuki (thrust)
From
Omote (Opponent's left) side

The opponent's left side from his Shinai is your Omote side to attack. It is your right side from the Shinai when viewed facing your opponent.

Tip 1

You thrust the opponent's Tsuki-Dare (see our website article "Kendo Terms with Illustration") straight.

Tip 2

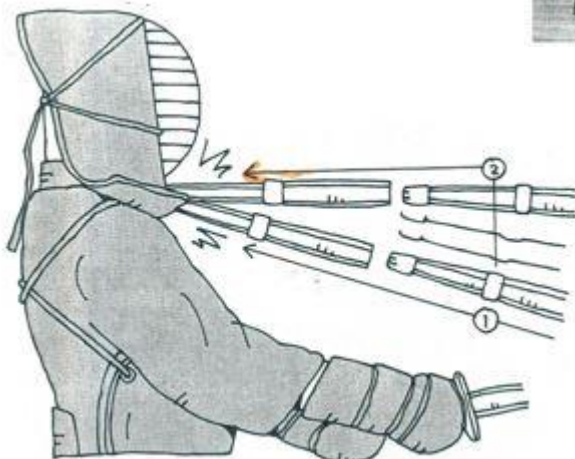
Thrust from your hip as you step in with Suriashi.

Tip 3

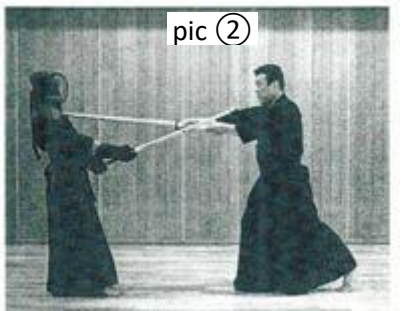
After the thrust, you withdraw your hands, pulling off your Shinai to show your Zanshin.

Tip 4

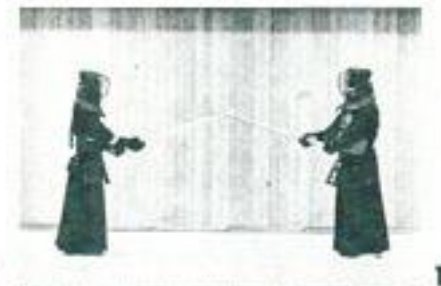
There are two ways to do Tsuki Waza: pic① thrusts diagonally from the Chudan stance, and pic ② thrusts horizontally as your Shinai tip moves down from your seme to the opponent's Men strike. See the picture below.



Tsuki from Omote side



Zanshin
After Tsuki



Tsuki from Ura side

Tsuki (thrust)
From
Ura (Opponent's right) side

The opponent's right side from his Shinai is your Ura side to attack. It is your left side from the Shinai when viewed facing your opponent.

Tip 1 thru Tip 4 apply for this Waza.

Tip 5- opportunity for this Waza:
When your opponent pressures you by pressing your Shinai from the side over and down, you immediately move your tip under to the Ura side center and trust Tsuki.

Tip 6
You must keep your right hand in the center of your body and control your Shinai tip movements with your left hand.



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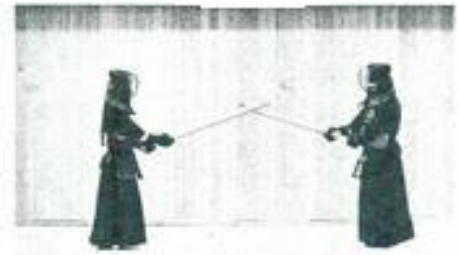
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10



1



2



3



4



5



6

Suggestion:

Practice the accuracy and strength of this Tsuki Waza using a fictitious target such as a Byobu. You might need two, placing them side by side to aim in between