

Uraken Arm Conditioning and Speed Exercises

General Principles

- Practice from jigotai dachi. Beginners may use yame dachi (feet shoulder width).
- Jabs and snap punches are for speed (stunning techniques).
- Complete relaxation throughout, except at point of impact (essential for speed).
- With snapping techniques emphasis is on the return (comes back faster than it goes out, use hip and dropping of weight on the **return**).
- If working a double strike or blocking technique, alternate which hand is on the outside when crossing the arms in front of the chest. Experiment emphasizing left and/or right hip as well.
- Hit with the front two knuckles in all striking techniques. Maintain tight fists and relax the wrist at the point of impact so the knuckles can snap through the target.
- 10 to 30 repetitions per exercise.

Double Strikes/Elbow Conditioning

Double back fists to the front (to the collar bones of one opponent)

Start with the fists ear height, elbows extending out to the sides.

Point the elbows towards the target before dropping the fists downward through the targets.

Double back fists to the sides (to the nose of opponents on opposite sides)

Start with the arms crossed in a chest block chambering position.

Fists travel along a vertical path dropping through the targets on both sides.

Work peripheral vision, eyes straight ahead.

Double back fists to the sides (to the groins of opponents on opposite sides)

Start with the arms crossed in a double high block position.

Drop elbows down through high block chamber and chest block chamber position, drop your weight as forearms swing back through the targets on both sides.

Common mistakes:

Avoid hammer fist strikes or down blocks (instead hit with the front two knuckles).

Techniques should end aligned with your body, not swinging back behind you.

General guidance:

Lock techniques out for 2 seconds with maximum extension, then slowly return to starting position with zero tension.

Back Fists and Screw Punches from Double Chest Block Position

Double chest blocks (warm up with 10 to 30 repetitions of double chest blocks)

Back fist to the nose (left then right)

Screw punch to the nose (left then right)

General guidance:

Technique flies out and back to chest block position, emphasis on the return.

Rotate the fist at the point of impact, not before.

Avoid chicken winging elbows throughout the technique; elbows down.

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Back Fist to the Side

Back fist to the side (to the solar plexus)

Start with both fists one inch apart in front of the solar plexis, knuckles facing *outwards*. Strike follows a *horizontal* path to the target.

Back fist to the side (to the nose or clavicle)

Same as above, with knuckles facing *upwards*. Strike follows a *vertical* path dropping onto the target.

Common mistake:

Fist follows a diagonal path to the target, and student over extends (leans) towards opponent instead of rooting down in jigotai dachi.

General guidance:

Look first, snapping the head right 90 degrees towards the opponent as the technique flies out and back, emphasis on the return. Eyes (gan) dwell on the opponent for ½ second, then slowly return to center. Repeat on left side and continue alternating sides.

Snap Punches and Jabs

Snap punches (to the nose)

Start with fists hanging loosely straight down, knuckles facing outwards.

Quick snap punch to the nose, keeping knuckles facing target.

Use lat muscle and hip to generate speed on the return.

Jabs (to the nose then solar plexus)

Start in shizentai dachi, hands in passive stance.

Quick jab to the nose with the leading hand, followed by powerful jab to the solar plexus with the opposite hand. No wrist rotation. Utilize hips when extending and retracting both jabs.

General guidance:

Finish up the series with 10 to 30 squat punches.