

Spec. number: 16

Technique: Palm-heel smash (Shotei-ate)

Kata: Rohai, Wanshu, Passai, Kusanku

Page number: 80

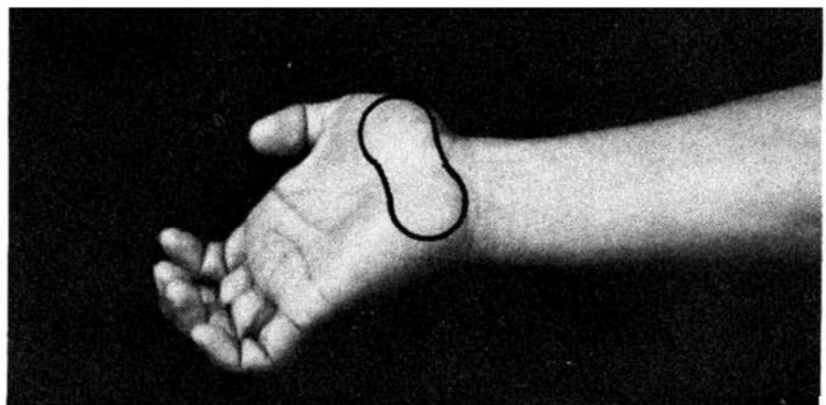
Description: "This is formed by opening the hand and *bending the wrist backward until the bottom or heel of the palm is tensed and hardened*; it is used to give a blow to the chin, groin, chest or kicking leg of an opponent."

Comments: Notice that "a blow to the... kicking leg of an opponent" can be interpreted as a blocking technique.

Although Fig. 43 shows the wrist and finger tips bent almost 45 degrees, the majority of photographs illustrate palm heel smashes with the wrist and fingers nearly straight. A notable exception is the circular palm-heel smash in Kusanku (pg. 81 Fig. 48 and Red Book illus. page 73(28)).

In upper and lower palm heel smashes the arm is shown at a 140 degree angle (Fig. 44, 47 and Red Book illus. 73(26, 28, 29). To exaggerate power, one may *optionally* lock out the arm 180 degrees, for example when breaking a cement block. In middle palm heel smash (Wanshu) some students have a 90 degree bend at the elbow, as in a square punch. This is incorrect. The proper angle is 120 degrees.

Photographs: 81(43 - 47)

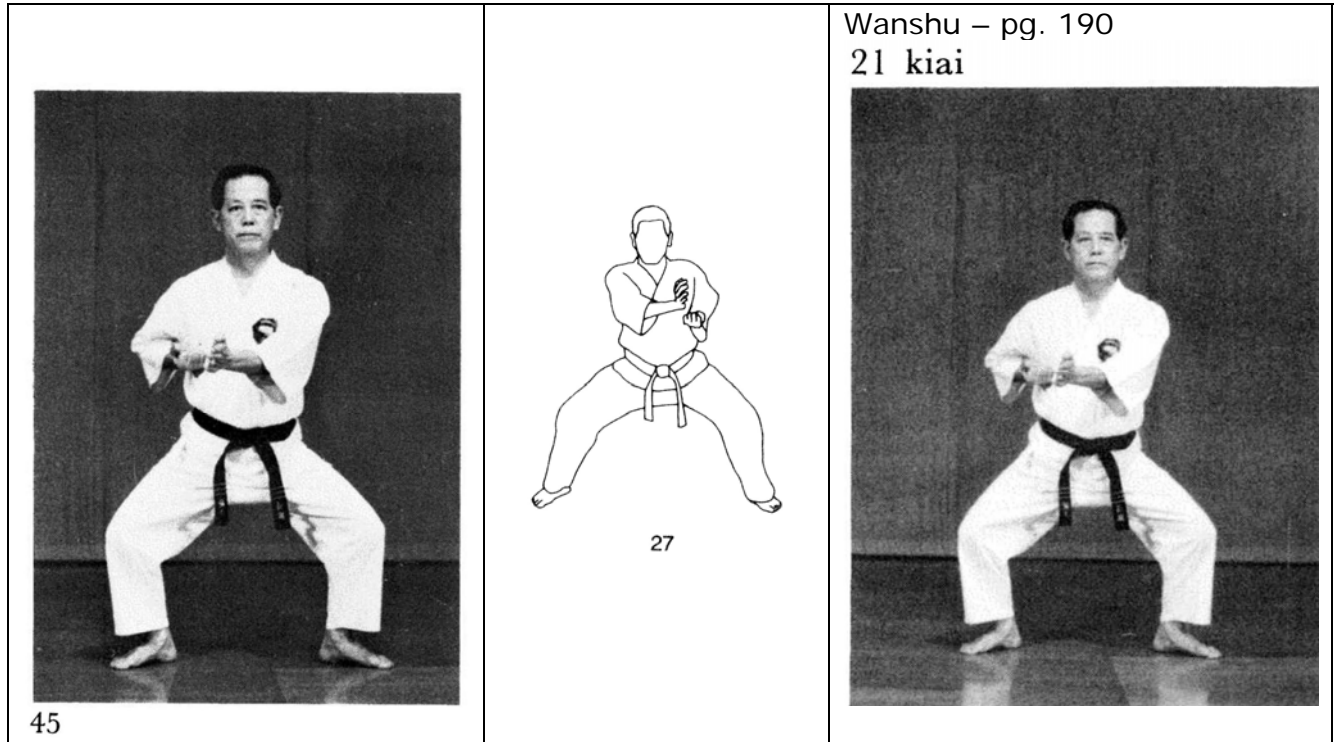


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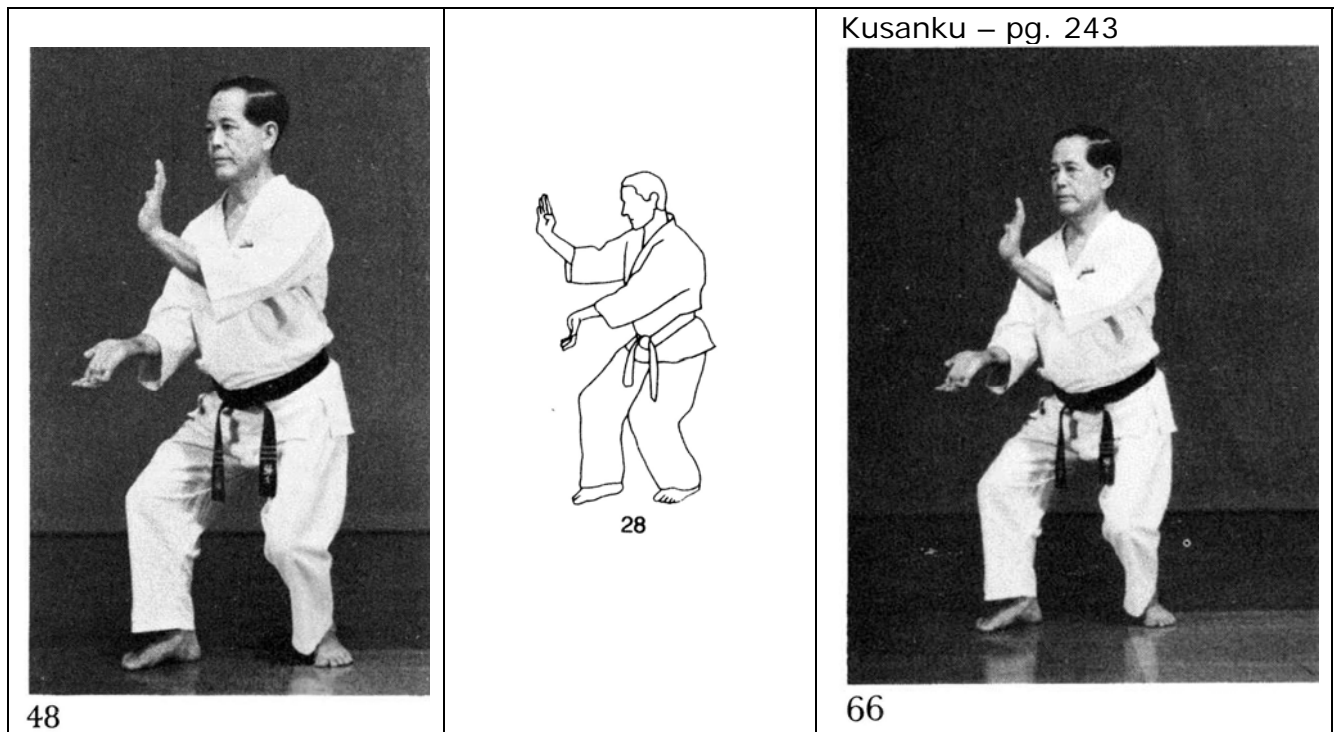
Technique 16(a): Upper palm-heel smash (Jodan shotei-ate)

Kata: Passai - ***See Spec. number 17***

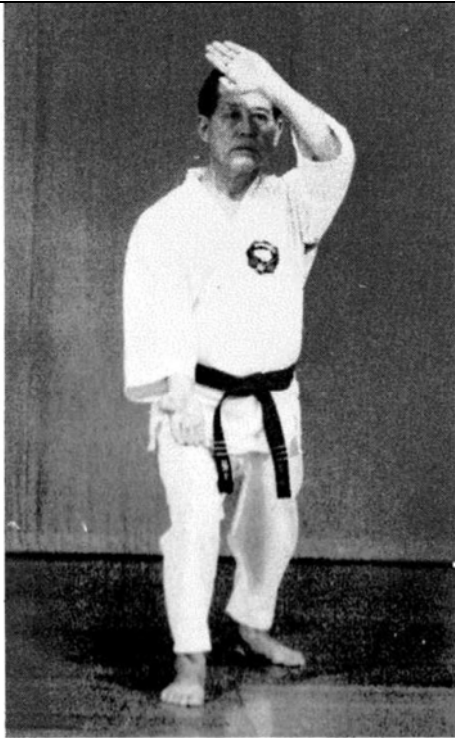
Technique 16(b): Middle palm-heel smash (Chudan shotei-ate): 81(45)



Technique 16(c): Circular palm-heel smash (Tomoe shotei-ate): 81(48)



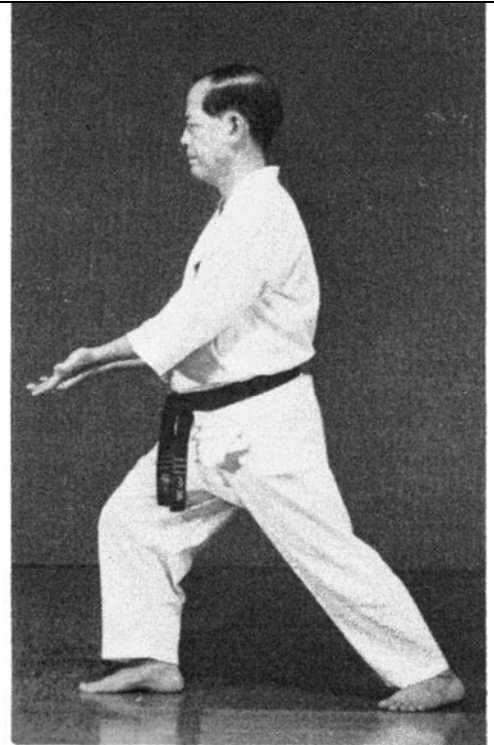
Technique 16(d): Lower palm-heel smash (Gedan shotei-ate) Fig. 82(46, 47)



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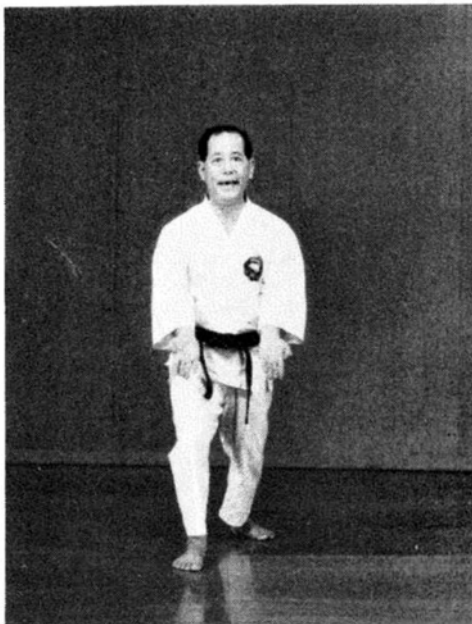


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Rohai – pg. 182
20 kiai



Wanshu – pg. 192
32 kiai

