

Direction of your *atemi* strike

Which grip do you use, and which way do you hit him?

When you have to strike or hit him with one of the three essential grips several factors have to be considered.

Consider the main grip – **One-Point Grip** (*Ippon-ken*):



By its nature it can only strike in a **forwards** direction. That is, in the line that it is pointing. This could be into the attacker's body.

Or it could be into his hand or bony part. If this latter you would need to be able to use body movement (*tai-sabaki*) to tip him off-balance (*kuzushi*) so that he could not focus his strength to absorb the blow without damage. This is Black Belt *Aikido* realm, and beyond you at the moment.

Furthermore, consider the position from which you would strike: the Ready Position, with your bundled hand just behind your right 'hip' joint. We can allow that it will rise and the elbow bend somewhat behind your body, out of his sight. Then there are only two directions the strike can travel:

- Directly forwards into the solar plexus (*not recommended*)
- Directly forwards and upwards to the throat or eye.

In each case you give a savage *kiai* shout

You get your power from your *tanden* and from your right pelvis / hip driving forward forcing your body weight into the strike.

The *ippon-ken* is a one-direction attack. It is a one-movement attack. It gives minimal or even no warning. It is therefore very difficult to block.