

the first finger thrust by executing the thrust too slowly (fig. 3-19). Once the block is made, bend



*Figure 3-18 striking with the palm down*



*Figure 3-19 blocking the first thrust*

your right elbow and execute the second thrust to your opponent's throat (fig. 3-20).



*Figure 3-20 second thrust to the throat*

This series of moves has a certain rhythm that leaves the first thrust extended a little longer than necessary followed by a quick powerful second thrust to your opponent's throat. This move is very deadly and safety should be observed when practicing this and other techniques.

By studying and practicing with an awareness of utsurakashi, we can learn not to be a victim of this strategy. In the first technique illustrated from the Ananku Kata; avoid the hidden foot kick by getting off line and counter with a kick to your opponents right knee (fig. 3-21). Avoid the second Ananku technique by kicking your opponent's knee instead of his ribs when you see his elbow too high (fig. 3-22).