

Oizuki

By Master Kawanabe

In short, the settlement of the waist is essential. When you can feel both sides of the waist, the front side and rear side settled equally, you must first feel easy and then comfortably punch "Oizuki " in a relaxed way. Punch as if you are using the breath of your waist without exerting strength on the rest of the body. The settlement of the waist can be originated using the basic method of correct walking; the foot work in relation to the ankles, knees and waist. Every joint and muscle under the waist must work harmoniously in a relaxed way with the upper body fixed on it rightly.

The Oizuki can be done by the clever working of the heel. Of course this limber movement can be accomplished when helped with the waist movement directly linked to the heel. You can feel your feet and waist, move like the law of inertia, although it is a little different. Both heels and waist become full (solid) at the same time.