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BEGINNERS

BOOK of

BLOCKS

受



Before you block

Every block uses two hands.

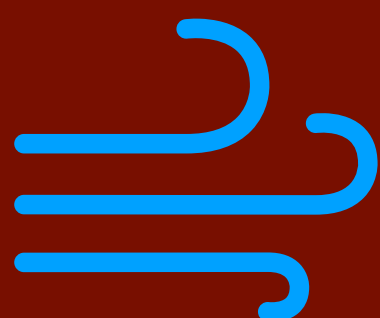
The blocking hand **B**

shows the main hand that is blocking. Rotate the arm as you block. It is best to make a fist at all times during the block. This is the best way to protect your fingers.

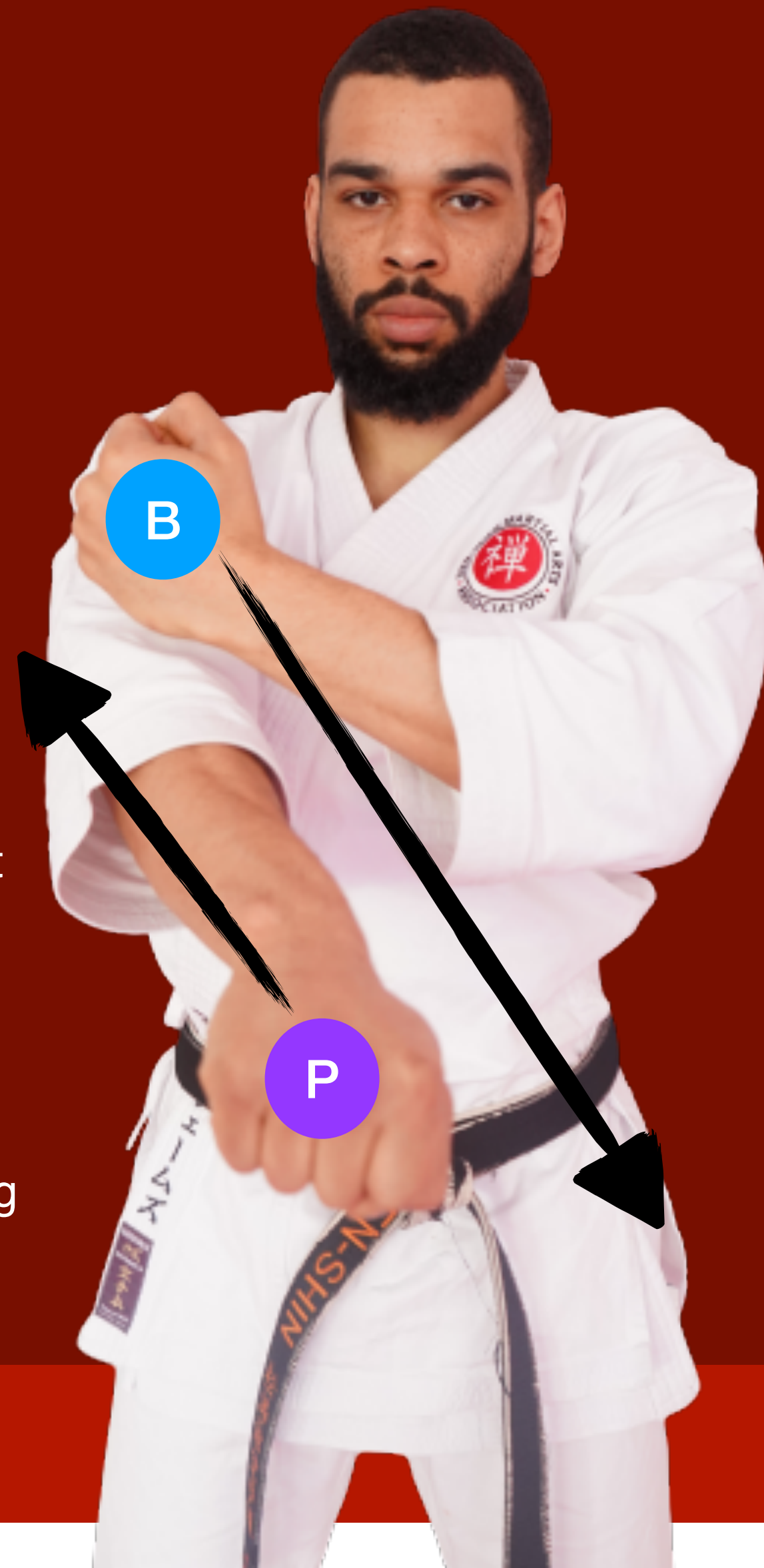
Your bones are the strongest part in your arms. Make sure you imagine blocking a technique using this part of your forearm.



The rotation of the forearms is very important when you make any technique in karate.



Breathe out sharply with every technique. Your core should be strong and you block and strike.



The pulling hand **P**

can represent the preparation, initial block, or a grab.

The pulling hand usually moves in the opposite direction of the blocking hand.

The pulling hand returns to your waist after every block.

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Age Uke Rising Block

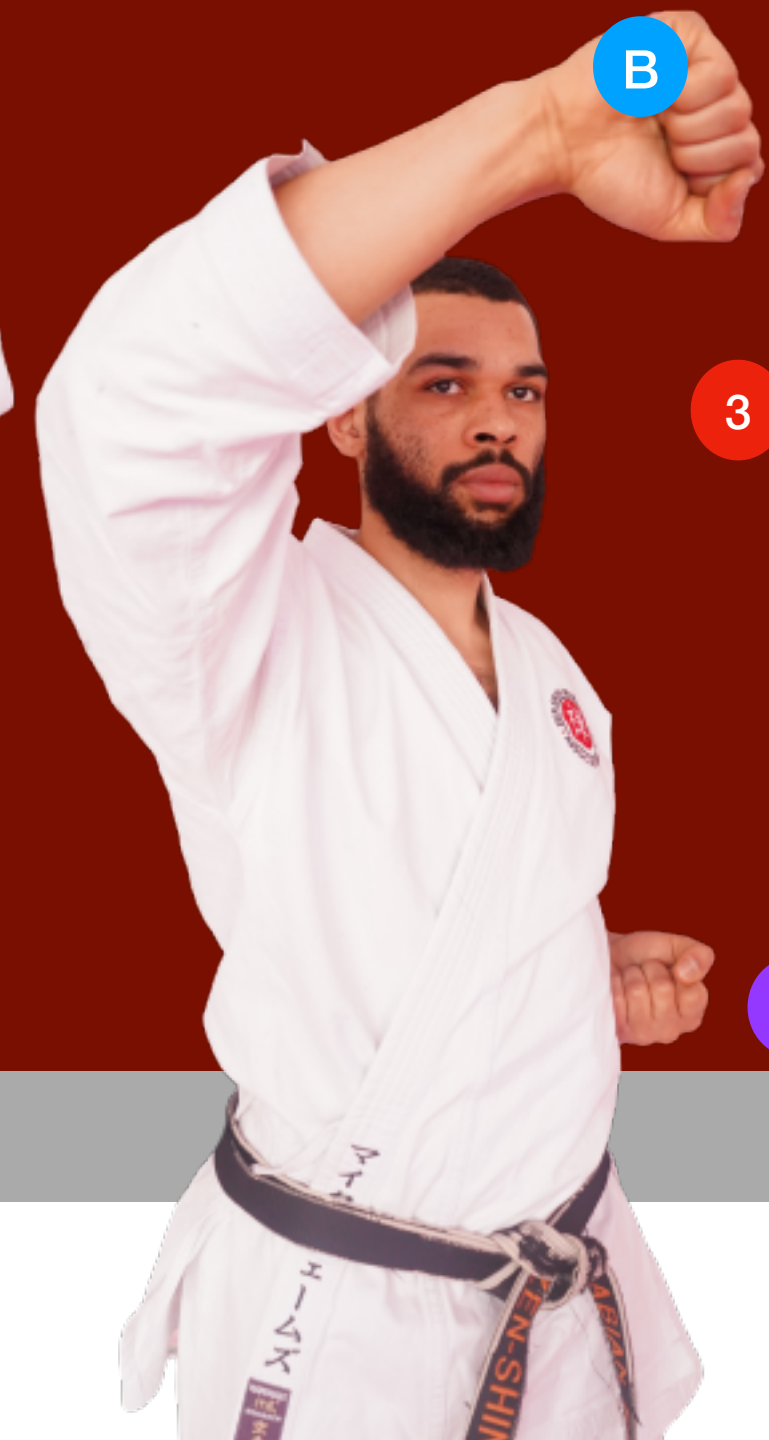
This block defends from an attack to the head



1 The blocking arm rises in front of your body.
Rotate your forearm away from you at the top of the block.



2 When changing arms,
both arms cross in front of you.



3 The pulling arm rotates back to
your waist, with the forearm facing up.

上
段
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下段払い

Gedan Barai Lower Sweeping Block

This block defends from an attack to the body

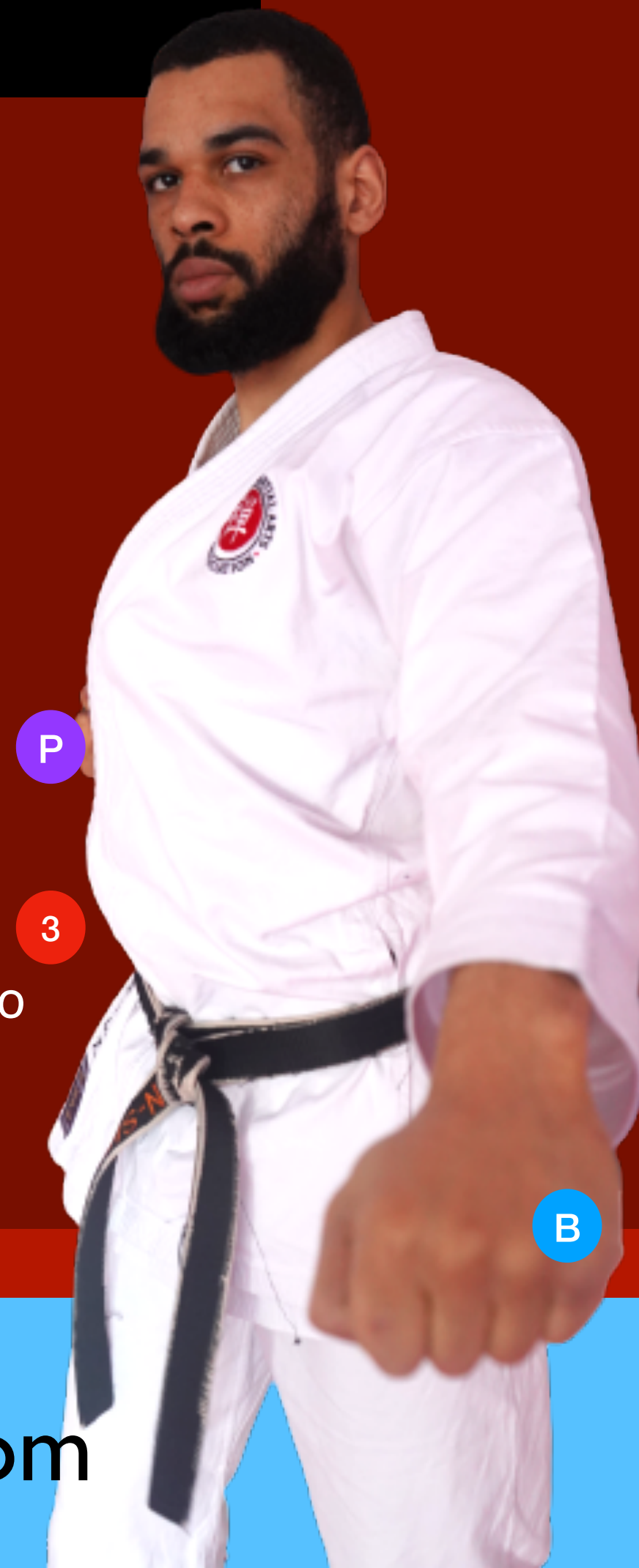


- 1 The blocking hand starts above your shoulder. The pulling hand is in front of your body.



- 2 The blocking arm slides down the pulling arm as you block

Both arms rotate as you block. The pulling hand moves back to your waist.



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Uchi Uke

Inside-Outside Block



中段内受

This block defends from an attack to the side of your body.



1

The blocking hand move to your armpit.
The pulling hand is straight in front of you

P

B

2

The blocking hand slides under
the pulling arm.
Rotate your arms as you block.

B

Your blocking hand should be no higher
than your shoulder
Keep the block away from your face.

P

The pulling hand finishes on your waist.

P

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中段外受

Soto Uke

Outside-Inside Block

1 This block defends from an attack coming straight toward your body



The blocking hand comes round across the body. The pulling hand rotates and comes back to your waist.

2 The pulling hand extends in front of you. The blocking hand is raised and moves back.



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