

White, Gold, Orange & Blue Belt Class

SHORIN-RYU KARATE

WGOB

IMPORTANT TERMS:

UKE *blocks*

Chudan uke *outside block*

Chudan empi uke *pendulum block*

Gedan barai *low block*

Jodan uke *high block*

Juuiji uke *X-block*

Kagite uke *hooking hand block**

Nagashi uke *swim block*

Shuto uke *knifehand block*

Uchi or Soto uke *"middle block"*
aka "inside block"

** we just call this one "kagite"*

DIRECTIONALS

Jodan *head level*

Chudan *mid level*

Gedan *low level*

Migi-ni *to the right*

Hidari-ni *to the left*

Shomen-ni *to the front*

Ushiro-ni *to the rear*

Barai *downward*

Mawatte *turn*

Hajime *begin*

Yame *stop*

THIS ISSUE'S FOCUS:

Defending yourself with Uke *blocks*

What's the best block? Single-handed, two-handed? Fancy swim blocks or kagite? No, the best block is DON'T BE THERE. In other words, get out of the way. But if you can't, or prefer to counter-attack or hold your ground against an opponent, then you need to actively *block*.

If you get knocked out your karate will be useless—so it's no wonder that we start each class with blocking drills.

Repetition will make blocking as natural as breathing—you won't have to think about it. It will take some years to reach that point, but you've already started!

As you get better with your blocks, you should practice with a partner so that you can apply the block against an actual strike. This also helps you to get used to a punch or kick coming right at you.



Chibana Sensei

At first this can be strange or even upsetting, because we don't experience punches or kicks bearing down on us during an ordinary day! But we're all friends here inside the dojo, and if everyone is careful and respectful of each other, no one should get hurt.

We have different blocks because there are different strikes. Makes sense, doesn't it? Don't try to learn them all at once—don't worry—with practice and years here you will learn them all.

**If you have an unconquerable calmness,
you can overcome the enemy without
force, with the ferocity of a tiger and
the swiftness of a bird.**

—Matsumura sensei



Matsumura Sensei

BLOCK #1

Jodan Uke

High Block

Point by Point 急所

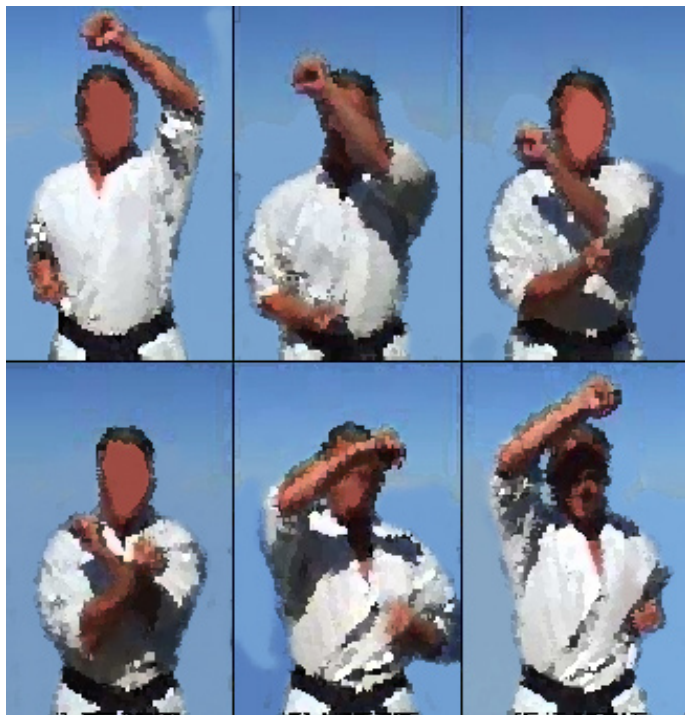
Fist rises up on a centerline (protection), as other fist pulls back to chamber (push pull!) ... rising fist and forearm make a "roof" over your head. Keep shoulders relaxed until you reach the end of the movement!



Note - when you change this block, your arms should cross in the center, for maximum protection all the time

You can practice this block in any stance.

Variant: "comb block," where your hand is close to one ear and elbow pointing out in front of you. This blocks an attack to one side of your head.



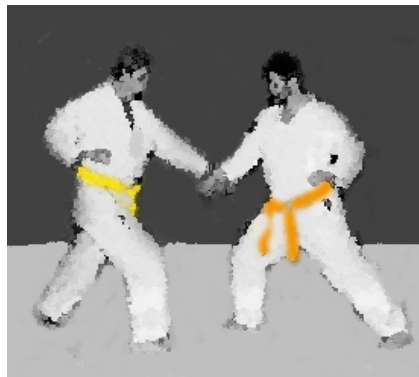
BLOCK #2

Gedan Barai

Low Block

Point by Point 急所

Start with one fist over your knee (extend your thumb down to calibrate the distance above the knee). Other hand is at chamber.



Hand comes from chamber and makes brief contact with the other elbow, then sweeps across in front of you. The hand that was already out returns to chamber at the same time.

Protects against punches and kicks to your gedan (lower abdomen and groin) area.

BLOCK #3

Chudan Uke

Outside Block

Point by Point

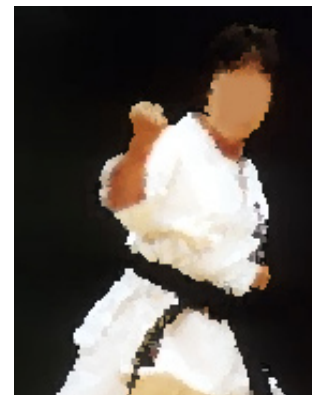
This block comes straight up in front of you and then moves outward a few inches, stopping at the edge of your body. Tight fist; knuckles to the outside.

Protects your chudan (midsection) - major organs, etc.

Metrics: two hand widths above your elbow, one between your elbow and your body.

Summary

Blocking is a vital part of karate! The more complex two-handed blocks take time to master, so don't be impatient. We're all students here!



A man of character will avoid any quarrels and loves peace. Thus the more a karateka practices the more modest he should be with others. This is the true karateka.

- Ankoh Itosu

-Sensei Grant