

Blocking Combinations For Dan Grades.



Each combination starts from Yoi position and finishes in Yoi position.

Head Blocks (Jodan Uke)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step forward right foot and Nagashi and block left arm step back to Yoi
8. Step forward left foot and Nagashi and block right arm step back to Yoi

Lower Blocks (Gedan Barai)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step outward right foot and block left reverse arm step back to Yoi.
8. Step outward left foot and block right reverse arm step back to Yoi.

Outer Blocks (Soto Uke)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step outwards right foot and block left reverse arm step back to Yoi
8. Step outwards left foot and block right reverse arm step back to Yoi
9. Step forward right foot into reverse cat stance and block right arm, step straight back into left cat stance and make left block.

Inner Blocks (Uchi Uke)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step forward right foot into horse stance and make double arm inner block, step straight back into left horse stance and make double arm inner block.

Knife Hand Blocks (Shuto / Kake Uke)

1. Step forward right foot into back stance and block Shuto step back to Yoi.
2. Step forward left foot into back stance and block Shuto step back to Yoi
3. Step backwards right foot into back stance and block Shuto step back to Yoi
4. Step backwards left foot into back stance and block Shuto step back to Yoi
5. Step forward right foot and Nagashi into back stance and block Shuto right arm step back to Yoi
6. Step forward left foot and Nagashi into back stance and block Shuto left arm step back to Yoi
7. Step forward right foot into back stance and block right Kake Uke, take one step straight back into back stance and block left Kake Uke.