

ARM BLOCKING TECHNIQUES

Te Ude Uke Waza

Mid Section *Chudan Uke*

Inside Outward Blocks

Outward forearm
(Soto ude)

Knife hand
(Shuto)

Vertical knife hand
(Tate shuto)

Hooking knife hand
(Kake shuto)

Backhand
(Haishu)

Bent wrist
(Kakuto)

Chicken head wrist
(Keito)

Augmented forearm
(Morote)

Outward ridge hand
(Haito)

Bassai block

Reverse wedge
(Kakiwaki)

Up Down Blocks

Downward forearm
(Otoshi ude)

Hooking wrist
(Tekubi kake)

Pressing forearm
(Maeude deai osae)

Downward palm
Heel
(Otoshi teshio)

Pressing hand
(Te osae)

Ox Jaw
(Seiryuto)

Outside Inward Blocks

Inward forearm
(Uchi Ude)

Roundhouse palm
heel
(Mawashi teisho)

Sweeping hand
(Te nagashi)

Two handed
grasping
(Morote tsukami)

Roundhouse Elbow
(Mawashi empi)