

ARM BLOCKING TECHNIQUES

Te Ude Uke Waza

Low section

Gedan Uki

Up Down Blocks

Downward palm heel
(Otoshi teisho)

Downward Ox jaw
(Otoshi seiryuto)

Fist X
(Ken juji)

Combined Palm heel
(Teisho awase)

Inside Outward Blocks

Downward
(Gedan barai)

Outward knife hand
(Soto shuto)

Hooking wrist
(Tekubi kake)

Outward scooping
(Soto Sukui ude)

Outside Inward Block

Downward outside-
forearm
(Gaiwan gedan)

Inward knife hand
(Uchi shuto)

Inward scooping
(Uchi suki)

Scooping two hand
(Morote sukui)