

LEG BLOCKING TECHNIQUES

Ashi Uke Waza

Lower Leg Blocks

Gedan ashi Uke

Heel Blocks

Kakato Uke

Foot Blocks

Ashi Uke

Inward hooking leg

(Uchi ashibo kake uke)

Outward hooking leg

(Soto ashibo kake uke)

Rev. roundhouse- downward heel

(Gyaku mawashi otoshi kakato uke)

Roundhouse - downward heel.

(Mawashi otoshi kakato uke)

Reverse roundhouse sword foot

(Sokuto gyaku mawashi uke)

Roundhouse sole-foot

(Teisoku mawashi uke)

Inside snapping foot

(Nami gaeshi)