

# WHITE BELT INFORMATION SHEET

## OUTER FOREARM LOW BLOCK

This is used primarily to block an attack at your groin area.

Stand in a left Walking stance (left leg in front) extend the **RIGHT** arm turning your palm away from your face. *This is called the reaction arm.*

Bring your **LEFT** hand on top of your right with your palm facing towards you, crossing at the wrists (**SEE DIAGRAM 1**) *This is the blocking tool.*

With a twisting motion pull back the right arm to the right hip so the palm faces upward, at the same time drop the left arm in front of the groin at a 90% angle.

At the beginning of each movement your arms and legs should be slightly bent.

As with Tae Kwon Do punching, blocks are governed by what stance you are in.

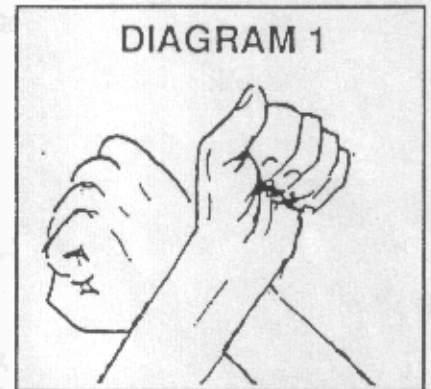
**I E:** If you are in a left walking stance  
(LEFT LEG IN FRONT)

And you block with your **Left arm**, This is called an **Obverse block**.

If you are in a left walking stance  
(LEFT LEG IN FRONT)

And you block with your **Right arm**, This is called a Reverse block and vice versa when you change to a right walking stance.

DIAGRAM 1



## INNER FOREARM MIDDLE BLOCK

This is used primarily to block an attack at your middle section area.

Stand in a left Walking stance (left leg in front) extend the **RIGHT** arm with your palm facing away from your face. *This is called the reaction arm.*

Bring your **LEFT** hand underneath your right with your palm facing away from you, crossing at the wrists (**SEE DIAGRAM 2**) *This is the blocking tool.*

With a twisting motion pull back the right arm to the right hip so the palm faces upward, at the same time take the left arm across to line up with your left shoulder at a 90% angle.

At the beginning of each movement your arms and legs should be slightly bent.

This block has the same guidelines as the Outer Forearm low block concerning Obverse and Reverse blocks.

DIAGRAM 2

