



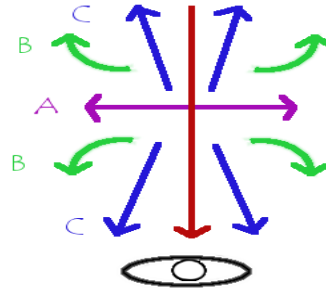
Basic Block Definitions

Block Vectors

A: Elementary blocks intersecting the attacks at near 90° angles.

B: More advanced blocks, employing rotary action from the waist to deflect and lead the attack.

C: Splitting and Intercepting block vectors that barely affect the attack.



Forearm Blocks

In Block: Horizontal action moving from open to closed with the elbow below the wrist. Palm starts facing out, ends facing inward. Useful against any High attacks. Limited use vs. Mid level attacks. Primary block vs. straight punching.

Out Block: Horizontal action moving from closed to open, with the elbow below the wrist, chopping outward to the side. Palm starts facing inward, ends facing outward. This block works best if hand starts near opposite ear. Useful against hooks or other arcing attacks. Do not use against straight attacks, unless arms are already up.

Up Block: Upward action, keeping elbow below wrist at all times. Block usually starts palm in, and ends palm out, and can roll from contact. Forearm is at about 45°. If forearm is too horizontal, strong attacks can separate shoulder. If forearm is too vertical, block becomes a drill.

Down Block: Downward action moving from high to low. Usually no forearm rotation. Drops weight onto attack. Useful vs. uppercuts and mid level strikes.

Roll Block: Essentially an In Block in the Mid zone. Elbow is above wrist, and forearm is used to block inward across the middle. Can be used in High zone too. Block should have rotary action from waist that chases the attack and pulls it forward and in. Useful against any Mid or High attack when hand is below elbow.

Hammer Block: Outward moving block in the Mid zone. Elbow is above wrist. Moves outward to side from center. Block should have rotary action from waist that chases the attack and pulls it forward and out. Useful vs. anything attacking in the Mid Zone. Cannot be used in High zone.

Palm Blocks

Parry: Inward block with palm in High zone, usually with 90° vector. Can be used in Mid zone too, but coordination/flexibility is problematic.

Press: Downward Parry. Do not confuse with 'Couch Block'. Usually has no rotary waist action, but such is not prohibited. A Press is assisted by gravity, and intersects the incoming attack at 90° to its vector.

Pet: Soft palm block that pulls attack forward and leads it away from the target. Usually leads attack downward, but other vectors are not prohibited.

Jam: Press forward with palm or edge of hand to stop attack before power develops. A Jam can be alternately be performed with the entire body by moving inside the minimum effective range of the attack. This is very effective with Long Power, but can be dangerous against Short Power.



Elbow Blocks

Up: Deflect incoming attack upward with elbow. Blends into Up Block with Forearm. Useful to avoid traps.

In: Block inward with elbow. Inward blends into High Roll Block. Useful to block in same direction with same hand 2X in a row.

Out: Block outward with elbow. Useful against high hooking attacks. Often does not need to block, but rather simply is placed in the path of the incoming arc.

Down: Block down and backwards with elbow. Usually chases attack backwards. Can be used to strike attack with point of elbow. Useful against quick attacks to the ribs especially when there is a danger of a 2nd attack High. (block leaves arm in perfect position for high drill). Can be done inward or outward.

Split Blocks

Split blocks chase backwards with the inside edge of the hand, leading the attack past the side of the body. Reverse splits use the palm, and work the same, but lead the attack past the opposite side of the body.

High: Chasing block backwards with inside edge of hand while elbow is below wrist. 'Check the Hair' Does not block outward, only backward. High reverse split is often confused with a parry.

Mid: Limited use block splitting backward with inside edge of hand while elbow is still below the wrist, but the two are very close to level. Useful only when contact is already present. Does not possess enough structure to block an attack from broken contact.

Low: Chasing block downward and backward with outside edge of hand while elbow is above wrist. Does not block outward, but rather chases and pulls attack backward past body. Low Reverse Split moves inward across body.

Special Blocks

Drill: Upward moving block that uses angular deflection to neutralize attack. Elbow is always below wrist, and forearm must exceed 45° angle to horizon. May use rotation, but is not essential. This block is often used as an attack, as an Intercept, or as bait to engage an opponent's other hand.

Intercepts: Any motion that simultaneously neutralizes an incoming attack, controls the attacker, and counter attacks with the same limb and the same action. Intercepts must be practiced with care, as they cannot be 'pulled'.

'Couch Block': Any block that attempts to block a single attack in two directions sequentially. The most common instance is an In Block, followed by a Down Block. After the block, the blocker 'lies down on the couch', allowing the opponent an easy opportunity to spring. A 'Couch Block' is distinct from a Press Block. It is the 2 actions vs. one attack that characterize the 'Couch'. Do not use this technique.