

## **Answer to Blocking Homework**

When teaching new material to students there are 2 things to have in mind.

**Expectations:** What is your desired result?

**Knowledge:** What are the “Key Elements” of the technique

### **Homework:**

Choose one of the following blocks and write down your “desired results” and the “key elements” for the technique.

Upward Block; Downward Block; Outside Block; Inside Block

## **ANSWER**

### **UPWARD BLOCK** (example)

**DESIRED RESULT:** Student understands the What, Where, When, and How for the block.

### **KEY Elements:**

Cover or Chamber for starting the Block

Ending Positions for the block

Travel of the hands when blocking

Reason for the block

**WHAT:** Block which protects the head and face.

**WHERE:** The block protects against strikes from the shoulders to above the head.

**WHEN:** When either from a direct strike to the face or an overhead strike to the top of the head.

**HOW:** The starting (chamber) position is with the arm (left or right) straight across the body (stomach high), closed fist, palm facing up. The other is already placed in the upward block position.

Break the block down to 2 steps. Step 1 - with the hand that's above the head (covering arm), drop the elbow down so the arm is vertical and aligned with its side of the body. Draw the hand down, keeping the elbow bent until the fist chambers at the waist. Step 2 – Bring with the hand which is in chamber horizontally across the stomach, let it rise up above the head with the ending position of the fist about 6” forward of the face and about 6” above the head with the block covering the head. Elbow is straight out from the shoulder and hand to elbow is at a 45-degree angle. The ending block will look like one half of a roof over a house. The hand and arm is positioned at a 45-degree angle, so that the blocking area is the outside (little finger side) of the wrist and forearm. Keep the outside and top of the elbow to fist straight and flat. Then combine steps 1 & 2 so as the blocking hand rises up the forearm of the covering arm, the covering arm draws back to chamber. Finish with the block and covering arm in their correct ending positions.

**NOTE:** Notice how the technique was taught from a static position so that the focus was only on the basic mechanics of the Upward Block without confusing the lesson with anything not important to the block.