

BARAI UKE-BLOCKS 3ND KYU THUR 1ST KYU BROWN BELT
9/19/96- REVISED JOHN S. SOLTIS 6TH DAN
MINERVA TAMAYO-3RD DAN - INSTRUCTOR -4/2005

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|---------------------------------|----------------------|
| 1. <u>JODAN AGE UKE</u> | HIGH BLOCK |
| 2. <u>CHUDAN UKE</u> | MIDDLE BLOCK |
| 3. <u>GEDAN BARAI UKE</u> | LOW,DOWN BLOCK |
| 4. <u>SOTO TEKUBI UKE</u> | WRIST BLOCK |
| 5. <u>JUJI UKE</u> | X,OR CROSS BLOCK |
| 6. <u>MAE UDE UKE</u> | FOREARM BLOCK |
| 7. <u>SHOTEI UKE</u> | PALM OF HAND BLOCK |
| 8. <u>TE GATANA SEIKEN UKE</u> | SWORD HAND BLOCK |
| 9. <u>KE UCHI OR KAKUTO UKE</u> | BENT WRIST BLOCK |
| 10. <u>HAISHU UKE</u> | BACK OF HAND BLOCK |
| 11. <u>TETTUI UKE</u> | HAMMER FIST BLOCK |
| 12. <u>NAGASHI UKE</u> | PUSH AWAY BLOCK |
| 13. <u>KAGI UKE</u> | HOOK BLOCK |
| 14. <u>KEITO UKE</u> | CHICKEN HEAD BLOCK |
| 15. <u>TSU KAMI UKE</u> | GRABBING BLOCK |
| 16. <u>KA KINAKE UKE</u> | WEDGE BLOCK |
| 17. <u>GE JI UKE MIKAZUKI</u> | KICK BLOCK |
| 18. <u>HI JI ATE UKE</u> | ELBOW BLOCK |
| 19. <u>SHUTO UKE</u> | CHOP BLOCK |
| 20. <u>SEIKEN UKE</u> | FIST BLOCK |
| 21. <u>KAKE UKE</u> | WRIST HOOK BLOCK |
| 22. <u>HARI UKE</u> | ARCHER PALM BLOCK |
| 23. <u>YAMA UKE</u> | MOUNTAIN SHAPE BLOCK |