

BLOCK TRAINING THAT CAN BE DONE WITH LITTLE ROOM

All these blocks below can be performed as replacement blocks in Sajo Jirugi :

Go through block check list below performing block in all four directions both ways,

When completed try mixing it up by changing block for each position see which block flows best together as routine?.

You could also try replacing obverse punch with front kick?

CHECK LIST

BLOCKS	
Low Block	
Middle Block	
Rising Block	
Outer Forearm Block	
Double Forearm Block	
Hooking Block	
Wedging Block	
Circular Block	
Low Knife hand Block walking stance	
Reverse middle knife Hand Block Walking Stance	
Rising Knife Hand Block walking stance	
Knife hand guarding block L stance	
Low Knife hand guarding block L stance	
Waist block I stance *(No5 2Step)	
Inward Low block L stance *(No8 2Step)	
Pushing Palm Heel Block *(No9 3Step)	
Upward Palm Heel Block *(No2 2Step)	
Low X Block Walking stance *(No1 2 Step)	
Palm Heel twin pressing block walking stance	

