
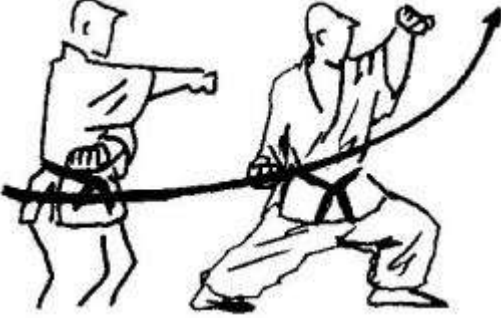
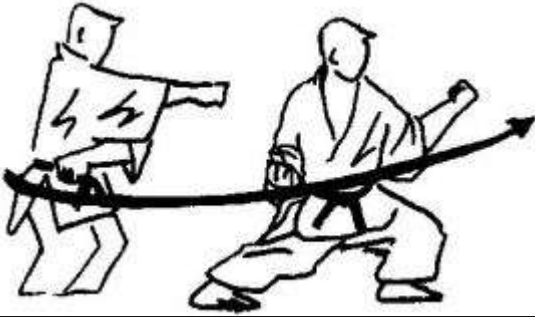
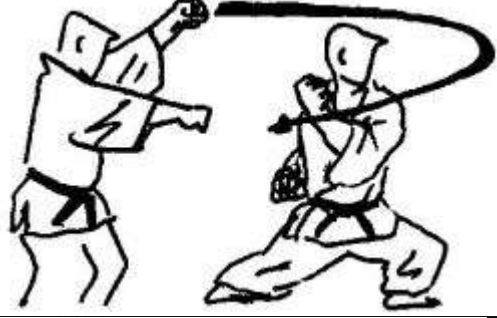
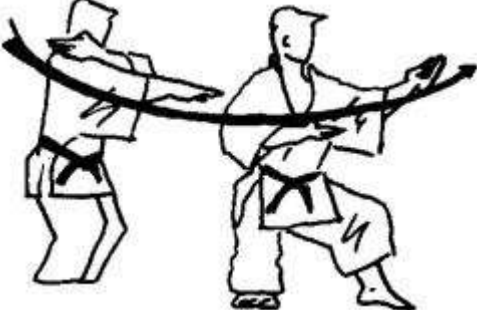


Blocking Diagrams

 A line drawing showing two figures. The figure on the left is in a ready stance, holding a long stick horizontally. The figure on the right is in a blocking stance, with their right arm extended downwards from the waist, and their left arm pointing forward. A curved arrow indicates the downward motion of the blocking arm.	<p>DOWN BLOCK TECHNIQUE</p> <p>Begin with your blocking fist next to your opposite ear and your non blocking arm pointed in the direction of the block. In a snapping motion execute your block in a downward motion with speed and precision making sure to exhale and KIYA on the block.</p>
 A line drawing showing two figures. The figure on the left is in a ready stance, holding a long stick horizontally. The figure on the right is in a blocking stance, with their right arm extended upwards from the waist, and their left arm pointing forward. A curved arrow indicates the upward motion of the blocking arm.	<p>RISING BLOCK TECHNIQUE</p> <p>Begin with your blocking arm placed across your waist and your non blocking arm pointed at the direction your are blocking. In a snapping motion execute your block in an upward motion with speed and precision. Make sure you add a little extra snap at the time the block is fully extended and exhale KIYA when your block strikes.</p>
 A line drawing showing two figures. The figure on the left is in a ready stance, holding a long stick horizontally. The figure on the right is in a blocking stance, with their right arm swung outwards from the waist, and their left arm pointing forward. A curved arrow indicates the outward motion of the blocking arm.	<p>MIDDLE OUTSIDE BLOCK TECHNIQUE</p> <p>Begin with your blocking arm across your waist and the non blocking arm aimed at the direction your are blocking. In a quick snapping motion swing your arm to the outside and chamber the non blocking arm. Exhale and KIYA when the block strikes.</p>
 A line drawing showing two figures. The figure on the left is in a ready stance, holding a long stick horizontally. The figure on the right is in a blocking stance, with their right arm swung inwards from the waist, and their left arm pointing forward. A curved arrow indicates the inward motion of the blocking arm.	<p>MIDDLE INSIDE BLOCK TECHNIQUE</p> <p>Begin with your blocking arm on the outside of your body and the non blocking arm aimed in the direction of your block. In a quick snapping motion swing your arm to the inside and across your chest. Make sure you exhale and KIYA when the block is fully extended.</p>
 A line drawing showing two figures. The figure on the left is in a ready stance, holding a long stick horizontally. The figure on the right is in a blocking stance, with their right arm extended horizontally from the waist, and their left arm pointing forward. A curved arrow indicates the horizontal motion of the blocking arm.	<p>KNIFE HAND MIDDLE BLOCK</p> <p>Begin with your blocking arm on your opposite ear and your non blocking arm pointed in the direction you will be blocking. In a quick snapping motion strike out and lock your block while snapping the non blocking arm back to the knot in your belt. Exhale during the entire technique with a KIYA when the block strikes.</p>

