



Block Flow Series

#1 thru 8 - Applications

Uke-Waza Applications:

Block, Trap, Strike, Lock, Takedown, Release & More

Two DVD Disc Set (Item Code: DVD-38)

150-Minutes Total - NTSC DV Widescreen

Instruction by Troy J. Price

Cost \$40.00

This DVD set Shurite Bujutsu-Kai combative flow training block flow series #1 thru 8 (of 24). Detailed instruction of the block flow series #1 thru 8; performed single sided, alternating sides and both sides together. Numerous combative applications and variations of using the blocking movements for entering blocking, trapping, striking, joint locking, takedowns, releases & more.

Blocks (Uke-Waza)

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| 1. Push-away block | Nagashi uke |
| 2. Middle forearm block | Chudan ude uke |
| 3. High rising block | Jodan age uke |
| 4. Downward sweeping block | Gedan barai |
| 5. Middle forearm sweeping block | Chudan barai |
| 6. Backhand sweeping block | Haishu barai |
| 7. Inside & outside forearm blocks | Uchi & soto ude uke |
| 8. Middle & downward simultaneous block | Chudan uke with Gedan barai |

Disc-One (72-Minutes)

Block Flow Series #1 thru 8 Instruction, Performed Single Sided, Alternating Sides & Both Sides Together

Combative Applications:

- Defense from Lead Hand Jab & Reverse Punch - Intercept with Blocks #1 & 6
- Defense from Jab & Round or Cross Punch - Impact with Blocks #2 & 4
- Defense from Jab & Round or Cross Punch - Impact/Lock using Blocks #2, 4, 7 & 6
- Defense from Jab & Round Punch - Deflect/Block/Evade with Block #3 & More
- Defense from Lead Hand Jab & Cover - Block/Trap/Impact using Blocks #3 & 4
- Intercept/Bridge with Lead Hand Punch - Enter/Impact/Takedown with Blocks #3 & 6
- Defense from Lead Hand Punch - Block/Impact/Neck Lock/Choke with Blocks #6, 3 & 1
- Defense from Front Kick - Evade/Deflect/Cover/Impact/Lock with Block #4
- Upward Knee & Neck Control - Impact/Deflect/Trap/Impact using Blocks #4, 1 & 3

Disc-Two (78-Minutes)

Combative Applications:

- Blocking, Entering & Striking Drills & Applications with Block #5
- Intercept Lead Punch - Enter/Trap/Lock/Impact using Blocks #5, 8, 3, 4 & 7
- Defense from Round Punch - Block/Impact/Trap/Lock using Blocks #5, 6, 4 & 8
- Defense from Two Hand Push - Redirect/Trap/Impact/Lock using Blocks #5, 4, 6 & 8
- Defense from Jab & Round Punch - Block/Impact/Trap/Lock/Takedown with Blocks #6, 4 & 8
- Defense from Lead Hand Jab & Reverse Punch - Block/Impact/Impact with Block #7
- Defense from Lead Hand Jab - Block/Impact/Trap/Lock/Impact using Blocks #7 & 4
- Defense from Lapel Grab & Round - Evade/Impact/Block/Impact using Blocks #7, 4 & 3
- Defense from Front Kick & Strike - Evade/Deflect/Cover/Impact/Lock using Blocks #8, 3 & 4
- Defenses from Grabs - Using Blocks for Releases/Escapes into Locks
- Sticky Hand Drills using Blocks #1 thru 4