



**CENTRAL
KARATE
ACADEMY**

Block Spars Booklet

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Chief Senior Instructor	<i>N. B. M.</i>
Secretary	<i>B. J. M.</i>
Deputy Chief Instructor	<i>A. J. M.</i>

Block Spar 1

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right leg, gedan barai
Steps back three times uchi uke, left foot first	Steps forward and punches o tsuki chudan, three times
After the third block open fist and grab sleeve of attacker, transfer weight to rear (left) foot and kick mawashi Geri with right foot, still holding sleeve, gyaku tsuki	Remains in zenkutsu dachi
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 2

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right foot, jiyu dachi
Steps back three times into jiyu dachi, right leg first	Kicks mae geri chudan three times
After third step back gedan barai to the third mae geri with left hand and gyaku tsuki with right fist	Remains in jiyu dachi
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 3

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right leg, gedan barai
Step back three times left foot first soto uke	Steps forward and punches oi tsuki chudan, three times
On the third step the left foot is placed into kiba dachi. The block then moves straight into yoko empi chudan, jodan mawashi empi	Remains in zenkutsu dachi
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 4

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right leg, gedan barai
Steps back three times, right foot first soto uke	Steps forward and punches oi tsuki chudan
On the third block the blocking fist changes into knife hand, the right foot is placed into kiba dachi. Moving from kiba dachi into zenkutsu dachi, the knife hand is driven towards the bridge of the nose and simultaneously reverse punch	Remains in zenkutsu dachi
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 5

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right foot, jiyu dachi
Steps feet together with right leg and gedan barai right hand, twists forward into kiba dachi with back to attacker and ushiro empi right arm, reinforced with left hand on right fist, left foot turn into front stance uraken, gyaku tsuki	Kicks mae geri chudan
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 6

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right foot, gedan barai
Steps forward, 45 degrees to side with left foot into kiba dachi. At the same time blocking inwards with left knife hand, make a hook shape with wrist. Grab shoulder/jacket with right hand. Pull down, and at same time, bring right knee into body. Right foot then moves into Riba dachi, 45 degrees forward and to the side, land atoshi empi to neck/back with right elbow	Steps forward and punches oi tsuki chudan
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 7

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right foot, gedan barai
Steps back three times right foot first age uke	Steps forward and punches oi tsuki jodan three times
As defender steps back for third time, step back right foot into kiba dachi and nagashi tsuki with left fist to attackers face. Then gyaku tsuki right fist	Remains in zenkutsu dachi
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 8

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back with right leg, jiyu dachi
Steps back on left foot	Kicks mae geri (right leg)
Steps back on right foot	Kicks mae geri (left leg)
Steps back on left foot, 45 degrees to the side, gedan baran right arm, followed by gyaku tsuki left fist	Surikomi and kick mae geri (leftleg)
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 9

<u>Defender</u>	<u>Attacker</u>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right foot, gedan barai
Steps back three times, left foot first age	Steps forward and punches oi tsuki,jodan three times
As defender steps back for third time the left arm is brought down from its jodan block into uchi uke (fist towards and a few inches from own face/use shifting footwork). The right fist does an upper out to the attackers chin.	Remains in zenkutsu dachi
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi

Block Spar 10

<i>Defender</i>	<i>Attacker</i>
Faces attacker in yoi dachi	Faces defender in yoi dachi
Remains in yoi dachi	Steps back on right foot, gedan barai
Steps back right foot, age uke right arm	Steps forward and punches oi tsuki jodan
Step back left foot, soto uke left arm	Step forward oi tsuki chudan
Step back, 45 degrees to the side, left arm shuto uke, mawashi geri left foot, gyaku tsuki right hand	Step forward oi tsuki chudan
Into jiyu dachi	Into jiyu dachi
Into yoi dachi	Into yoi dachi