



BLOCKING SET 1

The concepts focused on in this set are those of "Point of Origin." In other words, you do not have to re-chamber to execute another block. You can instantly and quickly turn one block into another. Try to imagine a star as you do this.

****REMEMBER TO KIAI ALL BLOCKS****

Start from a meditating horse stance facing 12:00.

1. Execute a right **upward** block.
2. Turn this into a right **inward** block.
3. From the inside, rotate at the shoulder and execute a right **extended outward** block - Palm facing out.
4. From there, circle it down counter-clockwise(across your body) and execute a right **downward** block.
5. Chamber the arm executing a right **back elbow**.
6. Execute a right **push-down** block.

Repeat on the opposite side, using the same sequence of blocks with the left arm.

1. Execute a left **upward** block.
2. Turn this into a left **inward** block.
3. From the inside, rotate at the shoulder and execute a left **extended outward** block - Palm facing out.
4. From there, circle it down counter-clockwise(across your body) and execute a left **downward** block.
5. Chamber the arm executing a left **back elbow**.
6. Execute a left **push-down** block.

Repeat with both sides, using the same sequence of blocks with both arms.

1. Execute two **upward** blocks.
2. Turn this into two **inward** blocks - pulling down to your chest palms facing in.
3. From the inside, rotate at the shoulders and execute two **extended outward** blocks - Palm facing out.
4. From there, circle both down counter-clockwise(across your body) and execute two **downward** blocks.
5. Chamber both arms- executing two **back elbows**.
6. Execute two **push-down** blocks.

Return to Training Horse Stance