

Spec. number: 15

Technique: Upper block (Jodan uke)

Kata: F1, F2, F3, P1, P2

Page number: 82

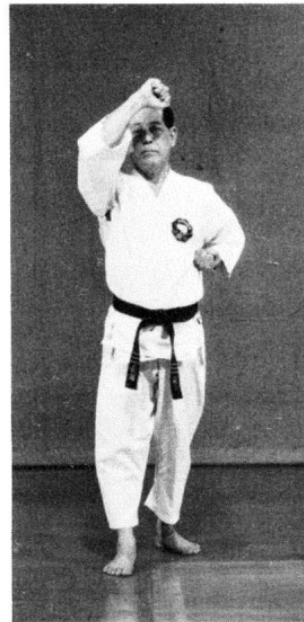
Description:

1. JODAN UKE (Upper block)

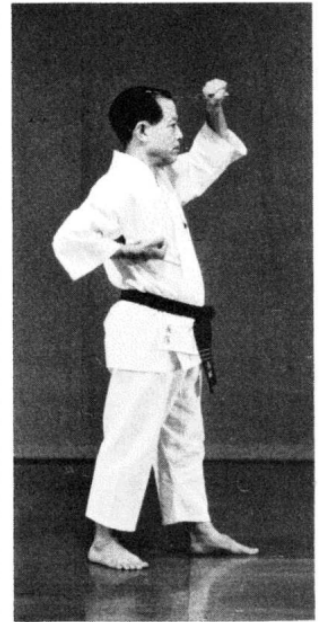
This block is formed by raising the forearm to the height of the forehead. The distance between the wrist and the forehead is one fist and the blocking arm forms a 45-degree angle. Fukyugata I, II, and Pinan I, II (Figs. 2a, b).

Comments:

We raise the forearm to a height *above* the forehead to completely sweep the attack away from the face, as shown in the Kata DVD and Red Book pgs. 33(4a) and 74(1).



2 (a)



2 (b)



1



4A