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GOYA-RA-RU MARTIAL ARTS

JUNIOR HANDOUT #5

CLOSED-FIST BLOCKS

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Introduction

Closed-fist blocks are powerful defensive techniques that are used to stop incoming attacks. There are three basic closed-fist blocks; *Leg Block* (for low attacks), *Chest Block* (for attacks to the mid-section), and *Head Block* (for attacks towards the face or down onto the head).

The part of the arm used in these blocks is either the *Outer-Forearm* (same side as the little finger) or the *Inner Forearm* (same side as the thumb). These are highlighted with white boxes in the pictures below (the pictures also show the “palm side” of the fist where the fingers tuck in – this is referred to later);



OUTER FOREARM



INNER FOREARM

These small sections of the forearm are hard and bony and make the blocks even more devastating – a powerful block when performed by an expert can be enough to end a fight. Of course, if we miss with this section of the arm, the rest of the forearm should block the attack.

The blocks in this handout are shown in three stages to make them easier to learn. When performing these techniques all in one go, remember the three stages but block with one smooth movement.

1. Closed-Fist Leg Block



STARTING POSITION: One hand in Leg Block position, other hand chambered (palm side up).



STAGE 1: The blocking arm comes to the opposite shoulder (little finger resting on the shoulder). The other arm crosses underneath (palm side down).



STAGE 2: The blocking arm sweeps down across the body to the endpoint of the leg block position (palm side up). The other hand pulls back, keeping the palm side down.



STAGE 3: Both hands rotate and complete the block. The hand on the blocking arm is now palm side down (blocking with the *Outer Forearm*) and the other hand is correctly chambered, palm side up.

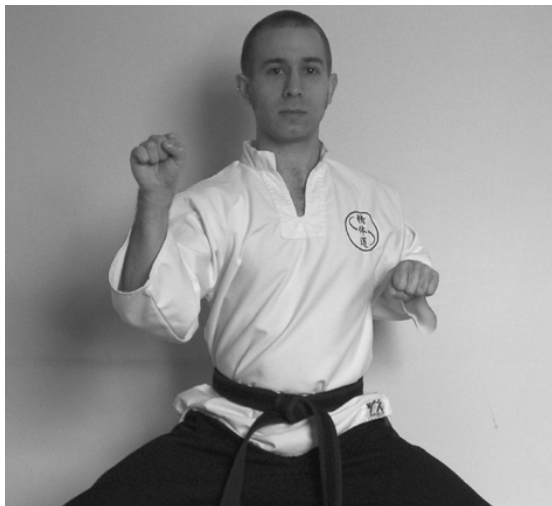
2. Closed-Fist Chest Block



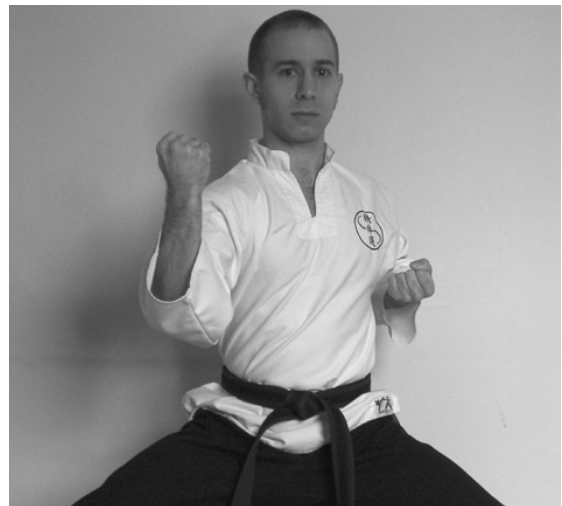
STARTING POSITION: One hand in Chest Block position, other hand chambered (palm side up).



STAGE 1: The arms cross in front of the body with the blocking arm on the outside. Both hands are palm side down.



STAGE 2: The blocking arm sweeps in an arc across the chest (keeping the elbow still) and finishes palm side out. The other hand pulls back, keeping the palm side down.



STAGE 3: Both hands rotate and complete the block. The hand on the blocking arm is now palm side in (blocking with the *Inner Forearm*) and the other hand is correctly chambered, palm side up.

3. Closed-Fist Head Block



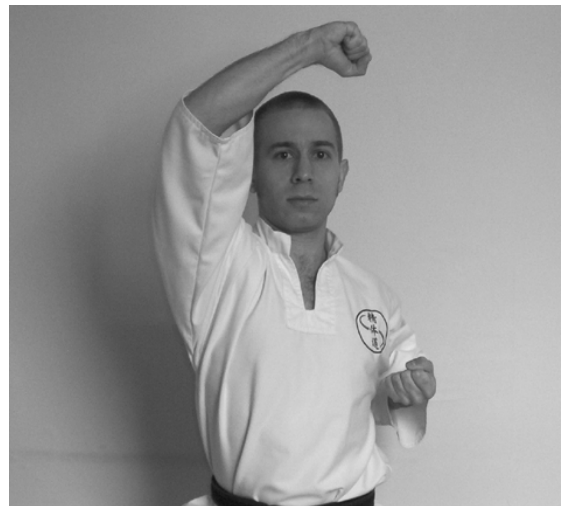
STARTING POSITION: One hand in Head Block position, other hand chambered (palm side up).



STAGE 1: The blocking arm sweeps up and across the body (palm side up) as the other arm is brought behind (palm side down).



STAGE 2: The blocking arm continues to rise over the head, where the block will finish (palm side facing in). The other hand pulls back, keeping the palm side down.



STAGE 3: Both hands rotate and complete the block. The blocking arm now correctly covers the head (blocking with the *Outer Forearm*). The other hand is chambered, palm side up.