



# CENTRAL KARATE ACADEMY

## Block Spars Booklet

<b>Written By</b>	<b>Mr N Byrne</b> <i>Executive Director</i>	<i>NByrne</i>
<b>Adopted in</b>	<b>January 2025</b>	
<b>Review date</b>	<b>January 2026</b>	
<b>Agreed By</b>	<b>Mr N Byrne</b> <i>Executive Director</i>	<i>NByrne</i>
	<b>Mr J Byrne</b> <i>Executive Director</i>	<i>JByrne</i>
	<b>Mrs J Hogarth</b> <i>Director of Safeguarding</i>	<i>JHogarth</i>
	<b>Miss A Weekes</b> <i>Director of Dance</i>	<i>AWeekes</i>

## Block Spar 1

<b><u>Defender</u></b>	<b><u>Attacker</u></b>
<b>Faces attacker in yoi dachi</b>	<b>Faces defender in yoi dachi</b>
<b>Remains in yoi dachi</b>	<b>Steps back on right leg, gedan barai</b>
<b>Steps back three times uchi uke, left foot first</b>	<b>Steps forward and punches o tsuki chudan, three times</b>
<b>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</b>	<b>Remains in zenkutsu dachi</b>
<b>Into jiyu dachi</b>	<b>Into jiyu dachi</b>
<b>Into yoi dachi</b>	<b>Into yoi dachi</b>

## Block Spar 2

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

## Block Spar 3

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

## Block Spar 4

<b><u>Defender</u></b>	<b><u>Attacker</u></b>
<b>Faces attacker in yoi dachi</b>	<b>Faces defender in yoi dachi</b>
<b>Remains in yoi dachi</b>	<b>Steps back on right leg, gedan barai</b>
<b>Steps back three times, right foot first soto uke</b>	<b>Steps forward and punches oi tsuki chudan</b>
<b>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</b>	<b>Remains in zenkutsu dachi</b>
<b>Into jiyu dachi</b>	<b>Into jiyu dachi</b>
<b>Into yoi dachi</b>	<b>Into yoi dachi</b>

## Block Spar 5

<b><u>Defender</u></b>	<b><u>Attacker</u></b>
<b>Faces attacker in yoi dachi</b>	<b>Faces defender in yoi dachi</b>
<b>Remains in yoi dachi</b>	<b>Steps back on right foot, jiyu dachi</b>
<b>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</b>	<b>Kicks mae geri chudan</b>
<b>Into jiyu dachi</b>	<b>Into jiyu dachi</b>
<b>Into yoi dachi</b>	<b>Into yoi dachi</b>

## Block Spar 6

<b><u>Defender</u></b>	<b><u>Attacker</u></b>
<b>Faces attacker in yoi dachi</b>	<b>Faces defender in yoi dachi</b>
<b>Remains in yoi dachi</b>	<b>Steps back on right foot, gedan barai</b>
<b>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</b>	<b>Steps forward and punches oi tsuki chudan</b>
<b>Into jiyu dachi</b>	<b>Into jiyu dachi</b>
<b>Into yoi dachi</b>	<b>Into yoi dachi</b>

## Block Spar 7

<b><u>Defender</u></b>	<b><u>Attacker</u></b>
<b>Faces attacker in yoi dachi</b>	<b>Faces defender in yoi dachi</b>
<b>Remains in yoi dachi</b>	<b>Steps back on right foot, gedan barai</b>
<b>Steps back three times right foot first age uke</b>	<b>Steps forward and punches oi tsuki jodan three times</b>
<b>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</b>	<b>Remains in zenkutsu dachi</b>
<b>Into jiyu dachi</b>	<b>Into jiyu dachi</b>
<b>Into yoi dachi</b>	<b>Into yoi dachi</b>



## Block Spar 8

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

## Block Spar 9

<b><u>Defender</u></b>	<b><u>Attacker</u></b>
<b>Faces attacker in yoi dachi</b>	<b>Faces defender in yoi dachi</b>
<b>Remains in yoi dachi</b>	<b>Steps back on right foot, gedan barai</b>
<b>Steps back three times, left foot first age</b>	<b>Steps forward and punches oi tsuki,jodan three times</b>
<b>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.</b>	<b>Remains in zenkutsu dachi</b>
<b>Into jiyu dachi</b>	<b>Into jiyu dachi</b>
<b>Into yoi dachi</b>	<b>Into yoi dachi</b>

## Block Spar 10

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