

FSSD BLOCKS

Head Level Block

Bring the right forearm across the front of the body at belt level with the fist palm up.

Raise the forearm vertically to a position just above head level.

Rotate the forearm and fist during execution of the block so that in the end position the little finger side of the fist is uppermost.

Tense the muscles of the shoulder and arm at completion of the movement. The idea of the block is to sweep the area from shoulder to shoulder upward, adding snap at the end of the movement for more power.

Downward Block

Bring the right fist to the left shoulder; sweep down and across the left side to the right knee.

Tighten the muscles of the blocking arm and shoulder at the end of the movement.

Sweeping Block

With the right fist in the ready position (at the waist) punch down towards the floor.

Sweep the right arm across the body (keep the arm fully extended).

The block should end with the shoulder and arm muscles tightened and the back of the fist pointing to the side (thumb towards the body).

Outside to Inside Block

Bring the right arm up and to the side forming a right angle and the bicep level with the shoulder, palm of the fist facing inwards.

Sweep across the body from the outside to the opposite side with the forearm.

Rotate the forearm adding torque to the movement by turning the fist; end with the little finger facing towards the left.

Inside to Outside Block

Begin by bringing the right forearm to the left side as in the High Block.

Swing the right forearm up and to the right, sweeping a fan shaped area in front of the face.

The end position is the arm bent 90 degrees at the elbow, with the bicep and upper arm at shoulder height.

Rotate the forearm adding torque to the movement by turning the fist, end with the palm facing outwards. Do not swing the arm out to the side.

Keep the elbow pointed straightforward. A good check for this is to bring the fist towards the shoulder. If incorrect the fist will move towards the head.

Open Hand Block

These blocks are delivered in the same manner as the inside - outside and outside - inside blocks.

The difference is that the hand is kept open and the forearm is not rotated at the end of the block instead the palm of the hand is towards the target being blocked.

This block is used in preparation for a grab, which could be a lead in to a throw, a control hold or a sword / knife hand strike.

X or Cross Block

The X block is a supported block used when the expected strike might be too powerful for a single arm to stop.

It can be utilised for strikes coming from a variety of directions.

The following instructions are for an overhead strike. Push the fists up and across to the opposite sides in front of the body above the head so that the forearms form a "X", with the palms of the fists facing to the sides.

The forearms should touch "bone to bone" about six inches down from the wrists.

Make sure that the "weaker" arm meets the force first. If right handed the left will receive the main blow and vice-versa.

This insures that: you will slow the blow down enough for the preferred arm to finish the task; and if the weaker arm is injured, the preferred arm can still defend and attack.

This block can be used as a preparation for a grab leading into a throw or a control hold