

Action Karate Nazareth

Moving Star Block Set

This set takes the basic Star Block Set and incorporates more movement. This goal of this set is to help the student become more comfortable moving and blocking at the same time. You will notice that the movements are both forward (attacking) and backwards (defensive) in nature.

1. Start off in Natural Stance, "Moving Star Block Set"
2. Student comes to attention
3. Left leg steps back into a Left Guarding Stance, Right Rising Block
4. Right leg steps back into a Right Guarding Stance, Left Inward Block
5. Left leg steps back into a Left Guarding Stance, Right Outward Block
6. Right leg steps back into a Right Guarding Stance, Left Downward Block
7. Left leg steps back into a Left Horse Stance, Right Heel Palm down
8. Left leg steps forward into a Right Guarding Stance, Left Rising Block
9. Right leg steps forward into a Left Guarding Stance, Right Inward Block
10. Left leg steps forward into a Right Guarding Stance, Left Outward Block
11. Right leg steps forward into a Left Guarding Stance, Right Downward Block
12. Left leg steps forward into a Right Guarding Stance, Left Heel Palm down
13. Right leg step forward to Natural Stance
14. Relaxed Stance

☞ Students should focus on settling into the stance at the same time as they finish their block. This will add more power to the technique.

☞ To make the Moving Star Block Set more challenging, students can substitute a Front Stance instead of the Guarding Stance