

Action Karate Nazareth Star Block Set



1. Start off in Natural Stance student says, “Star Block Set”
2. Come to Attention
3. Left foot steps back into a Left Guarding Stance, perform Star Blocks with Right Arm
 - a. Rising Block
 - b. Inward Block
 - c. Outward Block
 - d. Downward Block
 - e. Chamber
 - f. Heel Palm
4. Right foot steps back into a Right Guarding Stance, perform Star Blocks with Left Arm
 - a. Rising Block
 - b. Inward Block
 - c. Outward Block
 - d. Downward Block
 - e. Chamber
 - f. Heel Palm
5. Left foot steps back into a Horse Stance, perform Star Block with both hands
 - a. Rising Block
 - b. Inward Block
 - c. Outward Block
 - d. Downward Block
 - e. Chamber
 - f. Heel Palm
6. Relaxed Stance



The Blocks should be done with slow and strong moves. Focus on BREATHING!
Keep good stances throughout the entire set