

Spec. number: 19

Technique: Lower sideward block (Gedan yoko-barai-uke)

Kata: F2, N1, Kusanku

Page number: 84

Description:

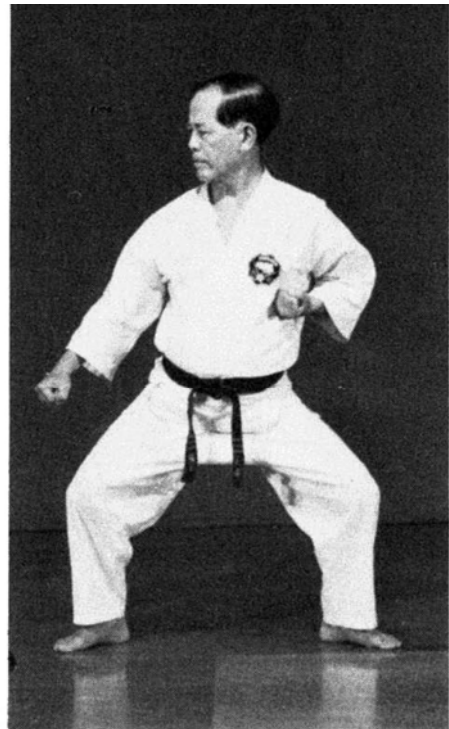
6. GEDAN YOKO-BARAI-UKE (Lower sideward block)
This sideward block is used in conjunction with *jigotai-dachi* to block a kick. Fukyugata II, Naihanchi I, and Kusanku (Fig. 7).

Comments:

Fig. 7 shows the elbow in the pocket angling away from the body 45 degrees. The same is seen in chasing punch 73(16), back fist 75(25), and reverse knife-hand strike 78(35).

We pull the elbow straight back, as shown in the Red Book and Fig. 83(4), below.

Photographs: 84(7)



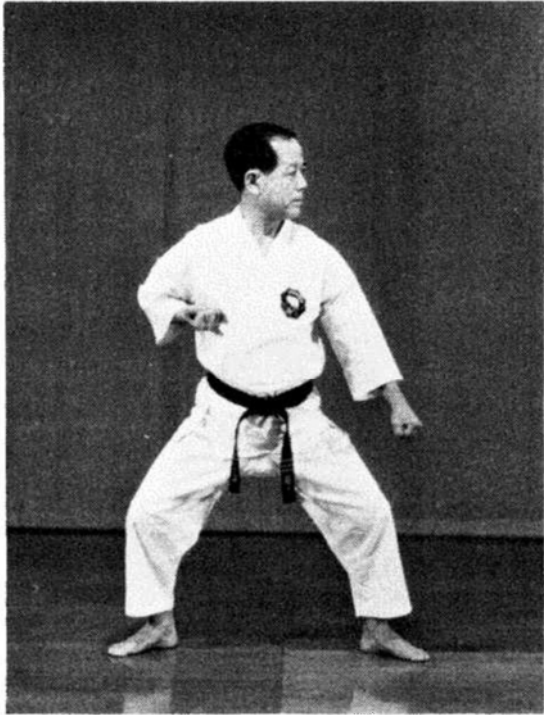
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Illus. 58(3) from the Red Book (left) and Fig 83(4) from the Essence of Okinawan Karate-Do (right) showing the proper position of the elbow (straight back) in all sideward blocking or punching techniques.



F2: 110(9), 111(6)



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N1 pg 149(9), 150(26)

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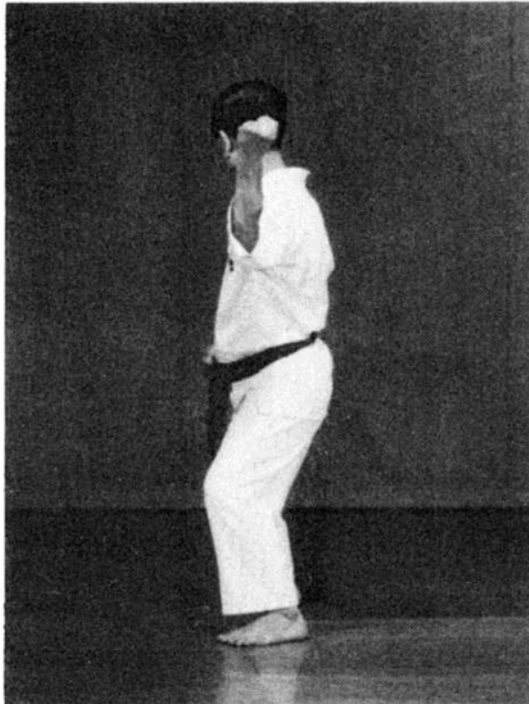


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Kusanku pg. 242(68)

68 (first view)



68 (second view)

