

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# BLOCKS

L A D Z N G W B U F M W B K J F S Z V O E Y M Q  
V P N V V O A B W I H F Q O Q K A R S E N G W J  
R R A P X O D X S D D X Q J C U K S N T N N U F  
L B H A M Z T D X B V W I E P H V H X R W Y R F  
Z X E K C O L B S H I C N W R S X G K U Y L U R  
T E F D U E Z H I W Q E A Q F D N Q F I Y E O X  
G X I A H J Q Z L U S R M E R G D B S W S G F I  
J J N W B A Z L Z O D S H A V M X D R A W P U H  
H A K F A H M G O R J T W P R I P S E M J T U U  
G Y D F B A O G I L R N E Z N C M L D R C M O Y  
N J R Y N G S S X M W B O E P L E N X A O E I N  
I R A Q I L I P J O M M I T A F A R T E V J K L  
T R W A F N A D D L L Z O P A V A H I R E Z U A  
A G N R G H J J M A E Z E S R A S K L O R N R H  
T W W F U F O T P R I D V A Q T S O Z F W U E C  
O D O L Y G K E H S I C T I M Q H S W E F T V L  
R O D W G A D W Z S R T R A P P I N G D B E G E  
D N L R G I V L T J H W J W I H N H L I T L P H  
M I X U S X H U M C U L N D X Q W F C S E F H O  
S G X N S S O L V N R E D I S T U O X N J S D E  
R Y I V D E W N P L P L D K T X I W G I Y S J M  
S E B A G B N S X N L T J Y W N J S O B A O X W  
K R U K P E P X F C E E I T B V Y N W D V R E Y  
A B Z U A X R G K Z L N I F G E G M W O G C X A

- |                |               |              |             |
|----------------|---------------|--------------|-------------|
| Inside Forearm | Upward Rising | Outside Palm | Inside Palm |
| Knife Hand     | Downward X    | Goose Neck   | Rotating    |
| Trapping       | Upward X      | Downward     | Outside     |
| Sblock         | Cover         | Cross        | Shin        |