

Blocks (Uke) - 1st degree Brown Belt

Japanese	Pronunciation	English	Approved
Jodan Age Uke	<i>Joe-Don Ah-gee Oo-key</i>	High Rising Block	
Chudan Uke	<i>Chew-don Oo-key</i>	Middle Block	
Gedan Uke	<i>Gay-don Oo-key</i>	Low Block	
Tettsue Uke	<i>Tet-sue-ee Oo-key</i>	Hammer Fist Block	
Fumi Uke	<i>Foo-me Oo-key</i>	Down Block	
Juju Uke	<i>Ju-ju Oo-key</i>	Cross Hand Block	
Ka Kiwake	<i>Kah-kah Walk-key</i>	Wedge Block	
Shotei Uke	<i>Show-tie Oo-key</i>	Palm Hand Block	
Shuto Uke	<i>Shoot-toe Oo-key</i>	Knife Hand Block	
Mawashi Uke	<i>Ma-wash-ee Oo-key</i>	Round House Block	
Hai Shu	<i>Hi Shoe</i>	Back Hand Block	
Mae Ude	<i>May Oo-dee</i>	Forearm Block	
Kagi Uke	<i>Kog-ee Oo-key</i>	Hook Block	
Kakuto Uke	<i>Kah-coot-toe Oo-key</i>	Bent Wrist Block	
Empi Uke	<i>Em-pee Oo-key</i>	Elbow Block	
Geri Uke Mikazake	<i>Gary Oo-key Mick-a-zocky</i>	Foot Block (Sole)	
Keito Uke	<i>Key-toe Oo-key</i>	Chicken Head Block	
Seiken Uke	<i>Say-ken Oo-key</i>	Fist Block	
Tsu Kami Uke	<i>Ta-sue Kah-mee Oo-key</i>	Grabbing Block (thumb in pit)	