

## **BLOCKS**

1. High Sweeping
2. Low Sweeping
3. Horizontal Hold
4. Verticle Hold
5. Cross
6. Cross Hack
7. Knee
8. Palm Hand
9. Reverse High Sweeping
10. Reverse Low Sweeping
11. Shorin Ryu High Block
12. Shorin Ryu Low Block

## **STRIKING AREAS**

1. Nose
2. Cheek Bones
3. Jaw
4. Chin
5. Eyes
6. Throat Pit
7. Neck
8. Collar Bone
9. Mouth
10. Temple
11. Ears
12. Back of Neck
13. Side of Neck
14. Solar Plexus
15. Ribs
16. Kidneys
17. Spine
18. Groin Area
19. Knee Caps
20. Shins
21. Top of Foot
22. Under Chin
23. Heart
24. Joints
25. Axillary Area (Arm Pit)