

Shotokan Karate Blocks (Uke-waza)

English	Japanese	Pronunciation
Downward Block	Gedan-barai	gay-don ba-rye
Forearm Block	Soto-ude-uke	so-toe oo-day oo-kay
Rising Block	Age-uke	ah-gay oo-kay
Dropping Block	Otoshi-uke	oh-toe-she oo-kay
Inward Block	Uchi-uke	oo-chee oo-kay
Knife hand Block	Shuto-uke	shoe-toh oo-kay
Upside-down Forearm Block	Osai-uke	oh-sigh oo-kay
X-Block	Juji-uke	joo-jee oo-kay
Scooping Block	Tsukui-uke	t-sue-kwee oo-kay