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Master Jeff Wade's 8 Block Break

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**(Use the arrow keys to
navigate through the
slideshow. The ESCAPE key
let's you out any time).**



1. Beginning Chamber



2. Continuing Chamber; note left hand preparing to PULL.



3. Continuing Chamber; note left hand preparing to PULL.



4. Continuing Chamber; note full body upward extension.



5. Peak of Chamber; note rise to toes & begin shifting body weight.



6. Peak of Chamber; note higher on toes and shifting body weight.



7. Begin Strike: note final shift & left arm beginning PULL.



8. Begin Strike: note feet planting & left arm continuing pull.



9. Begin Strike: Hips beginning twist (compare belt in last 3 slides).



10. Striking: note body twist and left arm pulling.



11. Striking: note belt left behind by twist & left arm pull.



12. Striking: note twist (belt), pull (left arm) & feet planting.



13. Striking: note intense twist & acceleration. Block 1 breaks.



14. Follow Through: note unyielding, firm stance. 6 blocks broken.



15. Follow Through: note left arm still pulling. 8 blocks broken.



16. Follow Through: left arm still pulling, Belt catches up w/ body.



17. End Strike: Body settling, left arm relaxing.



18. End Strike: note left knee bent, body settled, left arm relaxing.



19. Recovery: Body rising even as particles still in the air.



20. Recovery: Body rising even as particles still in the air.



21. Recovery: Body rising even as particles still in the air.



22. Recovery: Body begins relaxing.



23. Recovery: Body relaxing, some particles still airborne.



24. Recovery: Continuing relaxing, particles still suspended.



25. Recovery: It's over, but note particles STILL airborne. That's how fast it all happens!