



"WHAT IS YOUR BEST BLOCK ?"

BY

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In the early stages of training, students are introduced to blocks as **techniques to move an attack out of the way**. When asked, "What is your best block?" beginners might answer with "downward block," "sweeping block," or another familiar block. These are accurate within their current understanding blocks are tools for *deflection and safety*.

As students advance around **purple belt and above** they start to realize that blocks can serve a greater purpose. A well-executed block can also be an **attack**. In practice, many students perform blocks with less power than they would use in a strike. But what happens when a block is executed *with the same power as an offensive technique*?

The block no longer simply redirects. It **destroys** the attack.

A strong enough block can damage the limb delivering the strike and rendering it unusable for further attacks. The defender becomes the dominant force, not by retreat, but by *breaking the offensive capability* of the opponent.

Later, around black belt level, the question might be asked again: **"What is your best block?"**

Some still name a favorite technique. Others, having heard the lesson before, may echo the deeper truth:

"There are no blocks. Everything we do is an attack."

Yet, beyond even that understanding is the ultimate answer:

"The Best Block Or Attack Is The One You Don't Have To Use."

Why? Because the **highest level of martial arts is not violence it's prevention**.

It's the ability to de-escalate. To avoid conflict. To keep yourself, your opponent, and bystanders safe from harm. No block, strike, or counter is as effective or as wise as the choice not to fight when you can walk away with peace and dignity.

This is true for all attacks.

The Best Defense, The Best Offense, The Best Martial Technique... Is Self-Control.

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