

SAI

Blocks & Strikes

READY POSITIONS

Ready Position 1: Both sai's (c) held in left hand behind arm on left side of body by hip, palm facing behind you, finger pointing down to support sai.

Ready Position 2: Each sai (c) held in each hand by hip, as in junbi.

Ready Position 3: Each sai (c) held in each hand by chest, as in fighting stance.

Ready Position 4: Each sai (o) held in each hand by chest, as in fighting stance.

BLOCKS

CLOSED

Two-Hand

1. Down Block **x**
2. Upward Block..... **x** (with punch)
3. Inside Block..... **x**
4. Outside Block..... **x** (to one side)
5.Mountain Stance Block

OPEN

Two-Hand

1. Down Block **x**
2. Upward Block..... **x** (with punch)
3. Inside Block..... **x**
4. Outside Block..... **x** (to one side)
5.Mountain Stance Block

6.Cross Block
- Upward
- Downward

STRIKES

1. Punch
2. Overhead (using hook in closed position)
3. Uppercut
4. Shuto (using hook in closed position)
5. Reverse Shuto (using hook in closed position)
6. Ridge (using hook in closed position)
7. Elbow Strike (closed only)
 - Across
 - Thrust
 - Down
 - Behind
8. Eye thrust (open only) (using hook)

