

# SAI STRIKES

## READY STANCES

- 1 (Attention stance)
- 2 (Ready stance)
- 3 (Fighting stance, closed)
- 3B (Fighting stance, open)

## BLOCKS

### CLOSED

#### ONE-HAND (closed)

- Down Block
- Up Block
- Inside Block
- Outside Block

#### TWO-HAND (closed)

- Down
- Up (with punch)
- In
- Out (both to one side)

### OPEN

#### ONE-HAND (open)

- Down Block
- Up Block
- Inside Block
- Outside Block

#### TWO-HAND (open)

- Down
- Up (with punch)
- In
- Out (both hands to one side)
- Cross Blocks (up + down)

## STRIKES

1. Punch
2. Overhead (downward)
3. Uppercut
4. Shuto
5. Reverse Shuto
6. Ridge
7. Bear Claw (to eyes) (open only)
8. Elbow strikes (closed only)