

SAI

Self-Defense

From Ready Position #3: Fighting Stance (closed)

1.
 - Down Block (left) (c)
 - Elbow – across (right) (c)
 - Elbow – thrust (right) (c)

2.
 - Upward Block (left) (c) / Punch (right) (c)
 - Downward Strike (raking face) (left) (c) / Hook (right) (o)

3.
 - Two-Hand Inside Block (c)
 - Front Kick (right)
 - Two-Hand Punch (to ribs) (o)
 - Two-Hand Inside Block (o)
 - Front Kick (right)
 - Two-Hand Ridge (c)

4.
 - Two-Hand Outside Block (left side) (c)
 - Shuto (right) (c)
 - Uppercut (left) (o)

5.
 - Downward Cross Block (o)
 - Two-Hand Bear-claw (o)

6.
 - Upward Cross Block (o)
 - Take Bo down using sai's hook
 - Shuto (right) (o)
 - Reverse Shuto (right) (o)
 - Downward Parry (right) (o)
 - Close both sai's
 - Uppercut under opponent's chin (left) (c)

SAI

Self-Defense

(with partner armed with bo)

From Ready Position #3: Fighting Stance (closed)

All Blocks are defending against a BO unless otherwise stated

1. *Defending against a **THRUST** to your stomach*
 1. Down Block (left) (c)
 2. Elbow – across (right) (c)
 3. Elbow – thrust (right) (c)

2. *Defending against an **OVERHEAD DOWNWARD STRIKE***
 1. Upward Block (left) (c) / Punch (right) (c)
 2. Downward Strike (raking face) (left) (c) / Hook (right) (o)

3. *Defending against an empty-handed **GRAP** (opponent uses both hands)*
 1. Two-Hand Inside Block (c)
 2. Front Kick (right)
 3. Two-Hand Punch (to ribs) (o)
 1. Two-Hand Inside Block (o)
 2. Front Kick (right)
 3. Two-Hand Ridge (c)

4. *Defending against a **HORIZONTAL HEAD STRIKE***
 1. Two-Hand Outside Block (left side) (c)
 2. Shuto (right) (c)
 3. Uppercut (left) (o)

5. *Defending against a **GROIN STRIKE***
 1. Downward Cross Block (o)
 2. Two-Hand Bear-claw (o)

6. *Defending against an **OVERHEAD STRIKE***
 1. Upward Cross Block (o)
 2. Take Bo down using hook
 3. Shuto (right) (o)
 4. Reverse Shuto (right) (o)
 5. Downward Parry (right) (o)
 6. Uppercut under opponent's chin (left) (c)