

# SAI

## Ready Positions, Blocks & Strikes

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### READY POSITIONS

**Ready Position 1:** Both sai's (closed) held in left hand on left side of body by hip, **attention stance**

**Ready Position 2:** Each sai (closed) held in each hand by hip in front, as in **ready stance**.

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

**Ready Position 3b:** Same as #3, only open.

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### 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 .....
6. ....

#### 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
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### STRIKES

1. Punch
  2. Overhead (downward strike) (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 Strikes (closed only)
  8. Eye gouge (open only) (using hook)
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