

## Sai Basics

- 1. Horse Stance** – Step out with the right foot into a horse stance as you cross both hands above your head and then bring the hands to the side of the hips.
- 2. Punch** – Punch with the right hand, shout.
- 3. Sai Spear** – Bring the sai back to your hip as you flip it out and poke.
- 4. Punch** – Punch with the left hand, shout.
- 5. Sai Spear** - Bring the sai back to your hip as you flip it out and poke.
- 6. Upper Block** – Upper block with the right hand.
- 7. Sai Backfist Strike** – Draw the sai in towards the chest, before striking to the side.
- 8. Upper Block** - Upper block with the left hand.
- 9. Sai Backfist Strike** - Draw the sai in towards the chest, before striking to the side.
- 10. Down Block** – Draw the sai towards the left shoulder and block towards the right knee.
- 11. Sai Overhead Backfist Strike** – Perform an overhead strike with the right hand.
- 12. Down Block** - Draw the sai towards the right shoulder and block towards the left knee.
- 13. Sai Overhead Backfist Strike** - Perform an overhead strike with the left hand.
- 14. Inside Block** – Draw the sai towards the ear and then perform an inside block.
- 15. Elbow Thrust** – Poke with the sai and elbow towards the right.
- 16. Inside Block** - Draw the sai towards the ear and then perform an inside block.
- 17. Elbow Thrust** - Poke with the sai and elbow towards the left.
- 18. Outside Block** – Using the right hand, come across the hip and then outward.
- 19. Downward Hook** – Strike with the tip of the sai in a downwards poking motion.
- 20. Outside Block** - Using the right hand, come across the hip and then outward.

**21. Downward Hook** - Strike with the tip of the sai in a downwards poking motion.

**22. Salutation Position** – Step with the right foot to the left and bring the tips of the sai together, making a triangle shape.

## **Twist Kick Combination**

Inside crescent kick,  
Twist kick,  
Roundhouse kick,  
Jump spin roundhouse,  
Jab/Punch, Shout

## **Self Defense #8**

Start on your back with the arms pinned on the ground. Push up on the arms twice trying to escape, on the third time slam the hands down to your side at attention and drive your right knee up and to the side. This should roll your opponent over, roll with them and deliver a punch.

## **One Step Sparring #8**

Start at ready position,  
Inside crescent kick with the right leg,  
Side kick with the right leg,  
Pop up side kick with the right leg,  
Jab/Punch, Shout