

## 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.

- 23. Fighting Stance, Double Outside Block** – Step back with the right leg into a fighting stance and perform a double outside block.
- 24. Double Hook, Knee, Double Punch** – Reach out with both sai and use the side prongs to hook and pull into the front knee strike. As you land in a front stance, double punch with the butt end of the sai.
- 25. Double Outside Block** – Step forwards with the right foot into a back stance, as you cross both arms and perform a double outside block.
- 26. Front Kick, Double Temple Strike** – Front kick with the front leg and begin to shift into a front stance. Before landing, flip both sai out and strike with the side prongs on each sai to the temple in an inwards motion.
- 27. Drop Poke** – Drop straight down, left knee on the floor and draw back the left hand as you flip the right sai in and then poke to the groin level with the left sai.
- 28. Lunge Step Overhead Strike** – Step with the left leg and land in a lunge stance. As you step, use the right hand in an overhead swinging motion, and strike downwards.
- 29. Lunge Step Overhead Strike** – Step with the right leg and land in a lunge stance. As you step, use the left hand in an overhead swinging motion, and strike downwards.
- 30. Lunge Step Overhead Strike** – Step with the left leg and land in a lunge stance. As you step, use the right hand in an overhead swinging motion, and strike downwards.
- 31. Salutation** – Step back with the left leg, so that the feet are together and start by bringing the sai to your chest, palms facing each other. Step out to shoulder width apart with the right leg as you thrust the sai down into an “X”, and then snap together at attention.

## **Self Defense 9: Bear Hug**

Slam your head backwards to butt your opponent's face with the back of your head. Step out with your right foot and palm strike your opponent's groin with your left hand. Grab the groin with your left hand and step behind your opponent with your left foot. Pull your left elbow up into the opponent's chin and reverse punch your opponent's face with your right hand.

## **Crescent Kick Combination**

Jump inside crescent kick  
Jump outside crescent kick  
Inside crescent kick  
Tornado kick  
Jab/ Punch, Shout

## **One Step Sparring #9**

Start at ready position  
No leap  
Inside crescent kick with the left leg  
Jump outside crescent with the right leg  
Pop up front kick with the right leg  
Jab/Punch, Shout