

SAI

Kata

KEY: (c)=closed, (o)=open

YOI:

Hold two sai's in left hand at left side of body.

Circle sai's to your navel and separate into two-hand down block, without separating feet.

Open sai's and bring above head. Employ a two-hand down block, separating feet.

COMING FORWARD

Step forward, punch left (c) – left front stance

Step forward, punch right (c) – right front stance

SEQUENCE 1 RIGHT: (all with right hand)

Stepping back into cat stance, inside block (o) & down block (o)

Step forward into right front stance, punch (o)

Down block (c), inside block (c) - stance unchanged

Step forward into left front stance and punch (left hand) (c)

SEQUENCE 1 LEFT:

Same as SEQUENCE 1, only all with left hand

Step forward into right front stance and punch (right hand) (c)

Part of SEQUENCE 1 RIGHT:

Stepping back into cat stance, inside block (o) & down block (o)

Step forward with right foot into front stance, punch (o)

COMING FORWARD

Cross block (o) above head and step back with right foot into diagonal horse stance. Hold sai's at hip.

Disarm opponent's bo by crossing sai's (o), right over left, over your head and bring to your left hip.

Step forward with right foot into front stance and employ an uppercut (o) with right hand.

Two-hand punch (c), both sai's parallel to each other, lower left striking solar plexus, right striking throat.

GOING LEFT

Upper block (c) with left hand, raising left leg.

Step forward with right foot into front stance and punch (c) with right hand.

SHUTO, REVERSE, DOWN SEQUENCE (Right)

In one flowing movement, all with the right hand, shuto (o), reverse shuto (o), and down block (o).

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### THREE ELBOWS (Left)

Step forward with left foot into horse stance,  
employing elbow across, elbow thrust, and elbow down, all with left hand.

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SHUTO, REVERSE, DOWN SEQUENCE (Left)

Move left foot over slightly to the left into left front stance before doing sequence (above).

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### THREE ELBOWS (Right)

## GOING IN OPPOSITE DIRECTION, ORIGINAL RIGHT

### SEQUENCE 3

Mountain Stance Block, blocking only with lower left hand.

Upper block (left) (c), open right sai and chamber by right hip.

Step forward with right foot into right front stance and thrust punch (right) (o), chambering left sai (c).

### SEQUENCE 3 - Reverse

Mountain Stance Block, blocking only with lower left hand.

Upper block (left) (c), open right sai and chamber by right hip.

Step forward with right foot into right front stance and eye thrust with hook (right) (o).

3/4-Turn Spin, facing original front, keeping right sai over your head, and throw sai like downward strike  
Reach behind your back and grab another sai in your right hand, holding it in front of you, hip height.  
Close right sai, turn around 180°. Upward block (left) (c), raise left foot, chambering right hand (c).  
Step forward with right foot into right front stance and punch (c) with right hand.

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STILL FACING ORIGINAL BACK

Two-hand downward cross block (o).

Two-hand outside block (c) to right side of body.

Open sai's (parallel), step forward with left foot and employ two-hand outside block (o) to left side.

Right hand inside block (c), Left hand inside block (c), Front kick with right foot.

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Diagonal horse stance, two-hand elbow strike to behind (c), with sai's at hip.

Turn 360° and throw both open sai's, ending in right front stance (still facing original back).

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Close sai's, palm facing up. Turn 360° to face original front for YAME

YAME:

Two-hand down block (c) (feet parallel as in Junbi).

Open sai's and bring sai's above head, then bring back down to two-hand down block.

Bring right foot to left foot, bringing both sai's to left hand by navel. Bring both sai's to left hip.