

SAI

Self-Defense

(with partner armed with bo)

From Ready Position #2 or #3

All Blocks are defending against a BO unless otherwise stated

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1. *Defending against a SWEEP*
 1. Down Block (left) (c)
 2. Elbow - across (right) (c)
 3. Elbow - thrust (right) (c)

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

 3. *Defending against an empty-handed GRAP (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 DIAGONAL 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
 2. Two-Hand Eye Gouge

 6. *Defending against an OVERHEAD STRIKE*
 1. Upward Cross Block
 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)