

Bo Sai Kumite

Person with the Sai starts it.

Yasame.

Kiotsuke.

Rei.

Bo Sai kumite Hajime.

Opening guard is a left side guard for both.

Sequence 1.

Bo: Attack with two thrusts to ribs.

Sai: Step away and outside/inside block twice. Reset.

Sequence 2.

Bo: Attack with roundhouse knee strike to back of knee. Step in attack other side.

Sai: Stay in place and down block lifting leg similar to Chatan Yara no Sai. Then step away for second attack and block in the same manner. Reset.

Sequence 3.

Bo: Step in and attack with roundhouse strike to temple. Then step in and attack other side.

Sai: Use front hand to high outside block then step away and use the other hand to block. Then reset.

Sequence 4.

Bo: Attack like first sequence. Two thrusts to ribs.

Sai: Defend like sequence one. Step away and outside/inside block twice. Reset.

Sequence 5.

Bo: Attack with roundhouse knee strike then #9 block head. Step away with RF and #6 block one side then step away and #6 block other side. Left hand is low at this point. Turn the Bo to block the double thrust then kick them down with the left foot. Follow up with a strike while they are on the ground. Pull Bo to right shoulder and strike their head. Then step in and roundhouse strike the other side.

Sai: Jump over knee strike. Right hand strikes their head (crown). Chamber left and step in and strike their ribs. Chamber right. Step in and strike other side. Flip Sai in and double punch right hand low targeting solo plexus. Left targets throat.

When they kick you down. Roll out to the left to avoid the strike. Stand and block with left hand. Step away and block other side. Reset.

Sequence 6.

Bo: Attack with roundhouse strike to their temple followed by a strike to the crown. Circular fashion like Urashi Bo. Retreat fast.

Sai: Step back with right foot and duck under head strike. Prepare Sai. Feet together and #10 block crown strike followed by double attack. (Hit their Bo on either side). Reset.

Sequence 7.

Bo: Attack with two thrusts to ribs.

Sai: Defend with up to down blocks. Step away on each. Reset.

Sequence 8.

Bo: Attack with front side attack to head. Step in and roundhouse strike the other side.

Sai: Step away and cross block the attack. Step away again and cross block again. Reset.

Sequence 9.

Bo: Roundhouse strike their middle area. Step in and attack the other side. After they disarm you, hands up. Then bow out.

Sai: Stay in place and #6 block the first attack. Step away and #6 block the second. Circle under the Bo and trap in. With the other Sai disarm them and scoop the Bo out from underneath. Bring Both Sai up towards them in a guard. Flip them in and bow out.