

Sai Basics



- 1) Punch (Sai flipped in)**
- 2) Stab (Sai out)**
- 3) Sheer (tip up towards eyes)**
- 4) Punch with horizontal flip**
- 5) Punch with vertical flip & rip down**
- 6) Middle Block (Sai in) Shuffle step punch punch.**
- 7) Outside to inside block. Flip then stab.**
- 8) Step in punch. Upper tennis type block. Circle then smash crown
rip down.**
- 9) Catch palm up. Block up. Punch**
- 10) Cross Block up (Sai open) step in strike temple.**
- 11) Middle guard. Block up & down. Sai out and slash slash rip down**