

Sai Strength Exercises

- 1) **High Small Circles** – With arms extended, rotate wrists in a small circle inward and then outward, keeping sia handles up. (Repeat 5 times and then reverse direction of circle and repeat.)



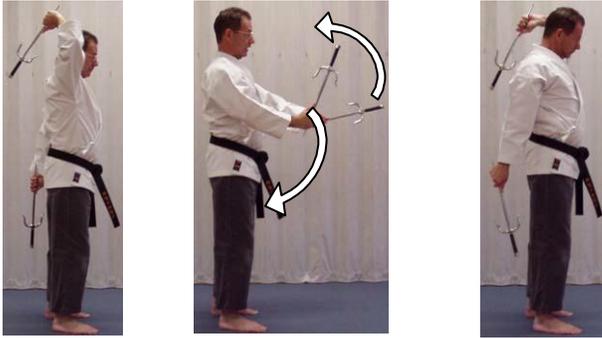
- 2) **Low Big Circles** – With arms extended, rotate wrists in a big circle inward and down and then outward and up. (Repeat 5 times and then reverse direction of circle and repeat.)



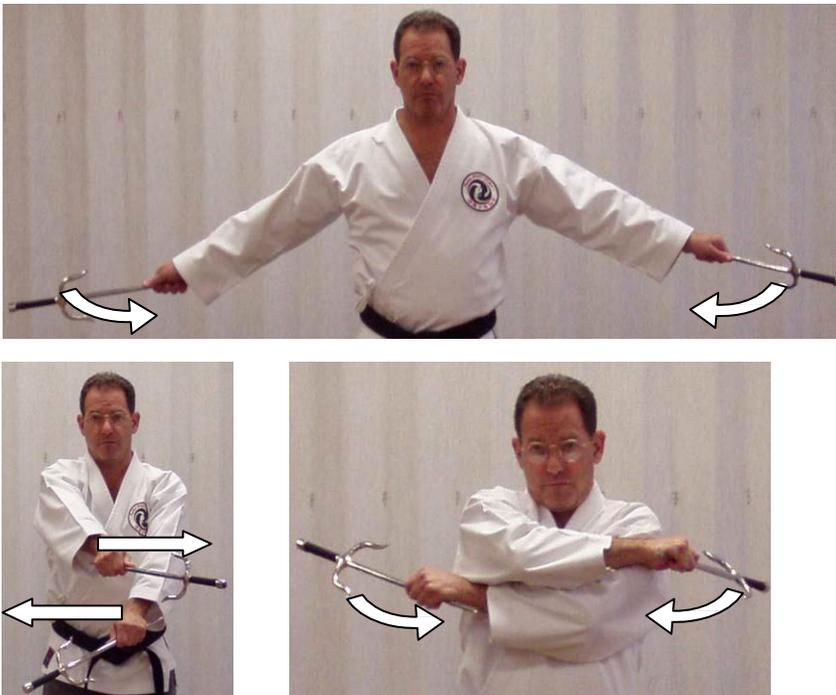
- 3) **High Lariat** – Rotate wrist and arm around the head clockwise and then counter clockwise. (Repeat 5 times and then reverse direction of circle and repeat.)



- 4) **Bi-lateral Swing** – With arms extended, swing sais from shoulders to knees. (Repeat 10 times.)



- 5) **Bi-lateral Cross** – With arms extended at sides, swing sais across chest, crossing arms, alternating crossed arms each time. (Repeat 10 times.)

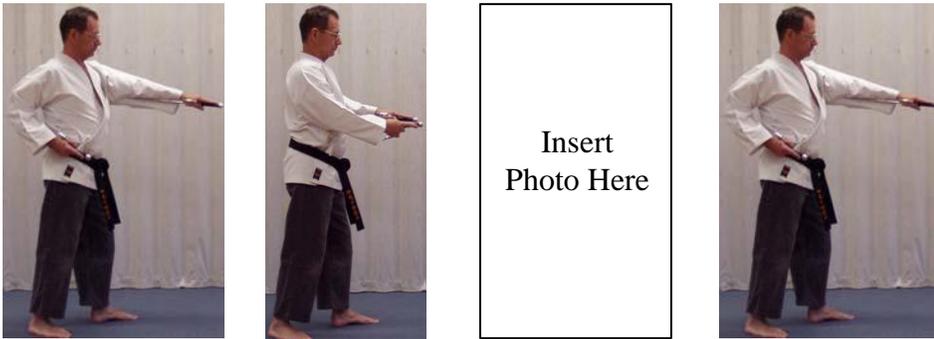


- 6) **Upper Body Rotation** – With arms extended, rotate upper body right to left, then left to right. (Repeat 10 times.)



Sai Basic Exercises

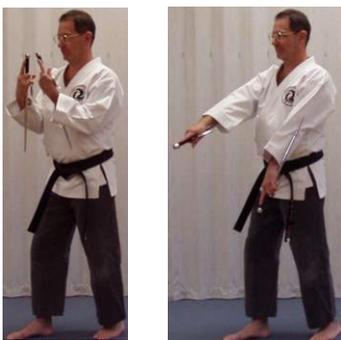
- 1) **Double Solar Plexus Punches** – Step forward and perform double solar plexus punches. (Repeat on other side.)



Sai blades should be parallel to hip when chambered and parallel to the ground on the punches.



- 2) **Simultaneous Closed Low Block and Solar Plexus Punch** – Step forward and bring both sais up in front of chest, keeping them in the closed position, and then punch with front hand, and at the same time, perform low block with rear hand. (Repeat on other side.)



- 3) **Closed Single Bone Block and Consecutive Double Punch** – Step forward and perform single bone block with front hand, keeping the sai in the closed position. Then perform double solar plexus punches. (Repeat on other side.)



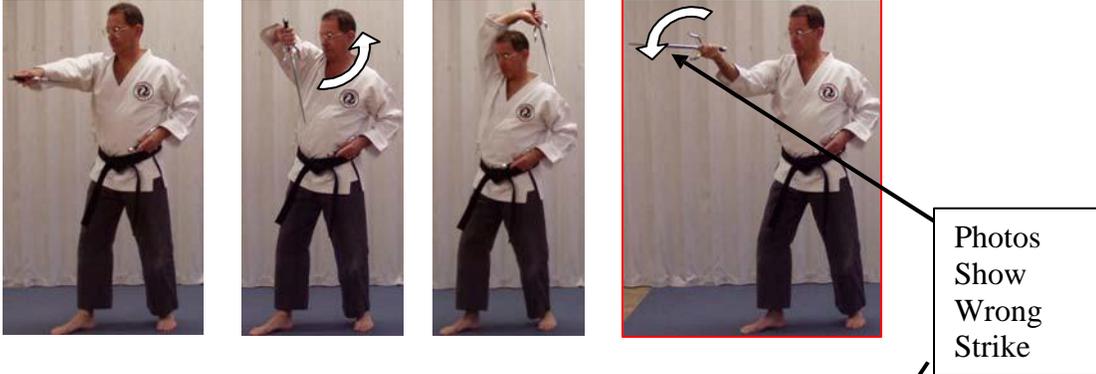
- 4) **Simultaneous High Block and Solar Plexus Punch** – Step forward and bring both sais up in front of chest, keeping them in the closed position, and then punch with front hand, and at the same time, perform high block with rear hand. (Repeat on other side.)



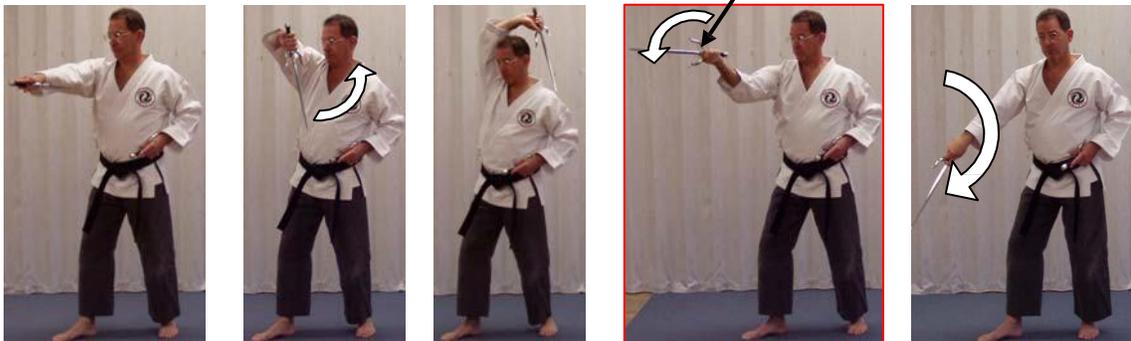
- 5) **Closed Cross Body Block, Single Bone Block, Reverse Punch** – Step forward and perform cross body block with front hand, keeping the sai in the closed position. Then perform a single bone block with the front hand, followed by a reverse punch with the rear hand. (Repeat on other side.)



- 6) **Open Overhead Strike** – Step forward and punch with the front hand. Then with the front hand change grip on the sai so that it is in the open position and circle the sai around the head. Circle counter-clockwise if using right hand; clockwise if using the left hand. As the sai passes behind the head, extend the arm and strike downward. Sai blades should be parallel to the ground with thumb on top. (Repeat on other side.)



- 7) **Punch, Overhead Strike, Open Low Block to Closed Single Bone Block** – Step forward and punch with the front hand. Then with the front hand change grip on the sai so that it is in the open position and circle the sai around the head. Circle counter-clockwise if using right hand; clockwise if using the left hand. As the sai passes behind the head, extend the arm and strike downward. Sai blades should be parallel to the ground with thumb on top. Then with front hand, swing sai inward and down into low block. Sai blades should be perpendicular to the ground with thumb on the inside.



Next, with front hand, turn sai so that blades are parallel to the ground with thumb on top, flip sai up into closed position, and then perform single bone block. (Repeat on other side.)



- 8) **Punch, Open Head Strike to Outside Temple, Open Head Strike to Inside Temple** – Step forward and punch with the front hand. Then with the front hand change grip on the sai so that it is in the open position and circle the sai around the head to strike outside temple. Circle counter-clockwise if using right hand; clockwise if using the left hand. Sai blades should be perpendicular to the ground with thumb on the outside.



Then circle the sai back the opposite direction to strike inside temple. Sai blades should be perpendicular to the ground with thumb on the outside. (Repeat on other side.)



- 9) **Open Single Bone Block, Open Cross Body Block, Reverse Punch** – Step forward and with front hand change grip on the sai so that it is in the open position and perform single bone block. Sai blades should be perpendicular to body with thumb on the inside. Then with front hand perform cross body block. Sai blades should be perpendicular to body with thumb on the inside. Next, with front hand, flip sai up into closed position, bring front hand back into chambered position, and then perform reverse punch with rear hand. (Repeat on other side.)



10) Open Low Block, Closed Consecutive Double Punch – Step forward and with front hand flip sai out into open position and perform a low block. Sai blades should be perpendicular to the ground with thumb on the inside. Then, with front hand, turn sai so that blades are parallel to the ground with thumb on top, flip sai up into closed position, and then perform double solar plexus punches. (Repeat on other side.)



11) Open Sai Trap, Rear Sai Jab – Flip both sais into open position. Then step forward at a

45-degree angle while swinging both sais back and then up and forward into the trap position at a 45-degree angle from body. Sais should be vertical, with thumbs on inside, and parallel to each other. Next, pull the rear sai back and then jab middle blade of sai forward between the middle and inside blades of front sai. (Repeat on other side.)

