

# Sai Combinations (5, 4, 3 Based on Sai Blocks/Strikes)

Yoi position: both sai closed by sides in a soto hachiji-dachi. First step forward left in a zenkutsu-dachi, angling strikes back to the right. Alternate sides, 4 each. Return to yoi between each set of 4.

## 5 Low Blocks

- 1) **Block:** Closed low block with front-hand. (Sai facing out to side)  
**Strike:** Closed reverse strike with back-hand to solar plexus.
- 2) **Block:** Open low block with front-hand.  
**Strike:** Open over head down strike with same front-hand, down center.
- 3) **Block:** Double closed low split blocks with palms out, backs touching, knuckles down.  
**Strike:** Double closed mid/low strikes, front-hand low, palm up, back-hand higher, palm down.  
(Like end of FK II)
- 4) **Block:** Closed outside low block, front-hand. Scoop in, arc up/out to closed chest block.  
**Strike:** Same front-hand closed strike to solar plexus.
- 5) **Block:** Double open crossed-X low blocks. Front foot/hand on top.  
**Strike:** Double open down, swing back, up, over and strike down to both collar bones.

## 4 Middle Blocks

- 6) **Block:** Closed chest block with front-hand. (Sai outside)  
**Strike:** Closed reverse strike with back-hand to solar plexus.
- 7) **Block:** Closed outside chest block with **back hand**. (Out to in, keep Sai in)  
**Strike:** Closed strike with front-hand to solar plexus.
- 8) **Block:** Open chest block, hitting down with front-hand. (Flip sai out)  
**Strike:** Open middle stab to stomach with same front-hand.
- 9) **Block:** Cross arms, front-hand in front. Separate into double closed chest blocks. (Sai outsides)  
**Strike:** Double closed strikes to solar plexus (Both palms down)

## 3 High Blocks

- 10) **Block:** Closed high block with front-hand. (Sai on top of arm)  
**Strike:** Reverse closed strike with back-hand to solar plexus.
- 11) **Block:** Open high "roof" block with front hand. (Sai point down to the side)  
**Strike:** Open diagonal down strike with with same front-hand. (Around head to collar bone)
- 12) **Block:** Cross arms by forehead, front-hand forward. Separate into double closed high blocks.  
**Strike:** Double closed blunt strikes. (Front-hand low, palm up, back-hand higher, palm down)  
(Like end of FK II)