

Blue Belt Curriculum

Sai Form

Double Outside Block:	Step forward with your right foot into a modified back stance and double outside block.
Front Kick, Temple Strike:	Front kick with your right foot and then step with your right foot into a front stance. Flip both sai out and twin temple strike.
Double Outside Block:	Flip the sai back in and step forward with your left foot into a front stance. Flip both sai out and twin temple strike.
Front Kick, Temple Strike:	Front kick with your left foot and then step with your left foot into a front stance. Flip both sai out and twin temple strike.
Front Kick, Jump Front Kick, Double Punch:	Flip the sai back in and move it across your body. Front kick with your right foot, jump front kick with your right foot, and double punch (right hand first). Kihap.
Down Block:	Spin behind you (270) with your left foot into a front stance. Down block with your left sai.
Face Strike:	Pull your left foot back into a cat stance and flip the left sai out for a face strike.
Punch:	Flip the sai back in. Take a small step with your left foot and then step forward with your right foot into a front stance. Punch with the butt of the right sai.
Down Block:	Spin behind you (180) with your right foot into a front stance. Down block with your right sai.
Face Strike:	Pull your right foot back into a cat stance and flip the right sai out for a face strike.
Punch:	Flip the sai back in. Take a small step with your right foot and then step forward with your left foot into a front stance. Punch with the butt of the left sai.
Outside Block:	Turn to the left (90) and step with your left foot into a front stance. Outside block with your left hand.
Hook, Punch:	Drop your left sai down to hold your opponent's hand and punch with the butt of your right sai.
Outside Block:	Step forward with your right foot into a front stance. Outside block with your right hand.
Hook, Punch:	Drop your right sai down to hold your opponent's hand and punch with the butt of the left sai.

Inside Block:	Step forward with your left foot into a horse stance. Inside block with your left hand.
Elbow Poke:	Elbow poke with your left elbow.
Face Strike:	Flip your left sai out for a face strike.
Temple Strike:	Flip your right sai out behind you for a temple strike. Spear
Cross Strike:	Switch your left foot into a front stance and spear forward with your right sai. Your right sai should cross on the left side of the left sai.
Uppercut:	Step forward with your right foot into a horse stance. Uppercut with your right sai leaving the other sai out but held at your waist. Kihap.
Overhead Strike, Salutation:	Switch directions (180) and move your left foot into a front stance. Overhead strike with your left sai. Bring your right sai up over your head and bring it down the length of your left sai, ending with the tip of your right sai almost touching the butt of your left sai.

Self Defense 9: Leg Trap and Break

From the floor on your side trap the attackers leg with your right leg while side kicking with your left. When attacker falls Axe kick with the left leg to the groin while you are still on the floor.

One Step Sparring #9

- Start at ready position
 - No leap
- Inside crescent kick (L)
- Jump outside crescent kick (R)
 - Pop up front kick (R)

Twist Kick Combination

- Axe Kick (L)
- Twist Kick (L)
- Round Kick (R)
- 360 Jump Round Kick (R)
 - Double punch, Kihap