

Red/Black Belt

Sai Form

- Double Outside Block:** Step forward with your right foot into a front 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 and double outside block.
- 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 into front stance (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 back 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. |
| 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 back 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. |

Escrima Sticks

| | |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pattern 1: | Strike 1, 2 with the right hand then 1, 2 with the left hand. |
| Pattern 2: | Strike 1, 8 with the right hand then 2, 9 with the left hand. |
| Pattern 3: | Strike 1, 8, 2 with the right hand then 2, 9, 1 with the left hand. |
| Pattern 4: | Strike 1,8,2,9 with the right hand then 2,9,1,8 with the left hand. |
| Pattern 5: | Strike 1, 8 with the right hand, 2 with the left, bring both hands to the right shoulder, then hit 9 twice with the right hand then left hand. |
| Pattern 6: | Starting with the right hand up and left stick across the body. Strike 1 with the right hand, slash to 3 with the left hand, then 2 with the right hand. Fluidly bring the left hand up and the right stick across the body. Strike to 2 with the left hand, slash to 4 with the right hand and strike number 1 with the left hand. Return to the original position. |

One Step Sparring # 7-12

One Step Sparring #7

- Start at ready position
 - Leap to the left
 - Side kick (R)
 - Spin back kick (L)
 - Axe kick (L)
- Double punch, Kihap

One Step Sparring #8

- Start at ready position
 - No leap
- Inside crescent kick (R)
 - Side kick (R)
 - Pop up side kick (R)
- Double punch, Kihap

One Step Sparring #9

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

One Step Sparring # 10

- Start at ready position
 - No leap
- Inside crescent kick (R)
 - Tornado kick (R)
- Double punch, Kihap

One Step Sparring # 11

- Start at ready position
 - No leap
- Inside crescent kick (L)
 - Spin wheel kick (R)
- Iron broom sweep (R)
 - Axe kick(R)

One Step Sparring # 12

- Start at ready position
 - Leap to the (L)
- Pop up round kick (R)
- Spin Chop (L) hand
 - Leg sweep (L)
 - Reverse Punch

Self Defense 7-11

Self Defense 7: Shin Shield

Start in an open guard position. Drop left leg and shrimp to left. Bring the right knee up for a shield from shoulder to hips. Grab the back of head with the right hand and grab the arm with the left hand. Scissor sweep to left into the mount position.

Self Defense 8: Leg Trap and Up

From the floor on your side trap the attackers leg with your right leg while side kicking with your left. When the attacker falls, place your hands to the floor on your right side. While looking up at the attacker, get to your fighting stance.

Self Defense 9: Bear Hug

Slam your head backwards to butt your opponent's face with the back of your head. Step out with your right foot and palm strike your opponent's groin with your left hand. Grab the groin with your left hand and step behind your opponent with your left foot. Pull your left elbow up into the opponent's chin and palm strike to your opponent's face with your right hand.

Self Defense 10: Hook Punch

Outside block with your left against attackers right hand punch. As you block, circle the arm and create arm bar. With arm bar in place palm strike with right hand to attackers nose while foot sweeping with your right foot. Release as attacker falls

Self Defense 11: Against the Wall

Reach across with your left hand to grab the attackers hands. At the same time bring your right knee up into attackers groin and leopard strike to the attackers neck. Slide to left while pushing them into wall. Side kick downward on their right knee toward calf to force them to the ground. Jump back kick their head with your left foot.