

BOU Tai SAI Kumite

棒对钗组手

1. BOU: Left butt strike to neck, right overhead, left butt strike to knee, right overhead, 2 right thrust to the chest, upward block, right overhead.
WIN: ?
SAI: Right upward block, left upward block, right low flail, left upward block, right inward block, left inward block, spin right 180, right overhead, left upward block.
WIN: Right punch.
2. BOU: right strike to knee, right strike to other side of knee and face strike. Right knee strike, face strike, and overhead.
WIN: right circle block and left but strike.
SAI: left low block, jump switch feet right flail, jump, duck, left upward block.
WIN. Slide in punch.
3. BOU: left butt strike to head, upward block, right overhead, right thrust, upward block.
WIN: left butt strike, thrust.
SAI: Right flail, right overhead, left upward block, right inward block, spin to the left, left overhead flail, right flail to the ribs.
4. BOU: Right overhead, circle block, sweep to the knee, sweep head and Thrust.
WIN: Kick
SAI: Double upward block, left overhead, right overhead, jump, duck, circle block, step in right hook to groin
5. BOU: Left butt strike, right overhead, left butt strike.
WIN: left butt block and thrust.
SAI: Step in right circle block, left upward block, left downward block, left circle block, and right flail.