

Nichou Sai

1. Bow
 - a. double outward flails
 - b. then set both hands low
 - c. Left punch out
2. Step right forward right punch
 - a. Slide front foot back to right cat stance downward sweep flail
 - b. slide right forward stab
 - c. Right downward block
3. Step left forward left punch
 - a. Slide front foot back to left cat stance downward sweep flail
 - b. slide left forward stab
 - c. Left downward block
4. Step right forward right punch
 - a. Slide front foot back to right cat stance downward sweep flail
 - b. slide right forward stab
 - c. Right downward block
5. Left punch then right punch
 - a. Step back to left foot forward then double downward blocks
 - b. Hide sai behind right side
 - c. Double upward cross block
 - d. Step in right foot forward double overhead and return sai
 - e. Double downward block
 - f. Left punch, then right punch
6. Left 90 deg turn to left cat stance
 - a. Left downward block
 - b. Slide forward left circle block
7. Step right forward right punch
 - a. Slide front foot back to right cat stance downward sweep flail
 - b. slide right forward stab
 - c. Right downward block
8. Step left forward left punch
 - a. Slide front foot back to left cat stance downward sweep flail
 - b. slide left forward stab
 - c. Left downward block
9. Step right forward right punch
 - a. Slide front foot back to right cat stance downward sweep flail
 - b. slide right forward stab
 - c. Right downward block
10. Left punch then right punch

11. Turn left 180 left forward
 - a. left circle block
12. Step right forward right punch
 - a. Slide front foot back to right cat stance downward sweep flail
 - b. slide right forward stab
 - c. Right downward block
13. Step left forward left punch
 - a. Slide front foot back to left cat stance downward sweep flail
 - b. slide left forward stab
 - c. Left downward block
14. Step right forward right punch
 - a. Slide front foot back to right cat stance downward sweep flail
 - b. slide right forward stab
 - c. Right downward block
15. Left punch then right punch
16. Turn 270 to left (facing rear) left foot forward
 - a. Throw Left sai into the ground
17. Step right forward and right punch
 - a. Slide forward and right outside flail
 - b. Return sai and Right downward block
 - c. Right foot turn to the right 180 deg facing front
 - d. Right sanchin kamae
18. Return sai to left hand and bow