

Sanchou Sai

1. Bow
 - a. double outward flails
 - b. then set both hands low
 - c. step left foot forward left circle block
2. Step right forward right punch
 - a. Slide front foot back to right cat stance right outward flail and chamber
 - b. slide right forward stab
 - c. Right downward block
3. Step left forward left punch
 - a. Slide front foot back to left cat stance left outward flail and chamber
 - b. slide left forward stab
 - c. Left downward block
4. Step right forward right punch
 - a. Slide front foot back to right cat stance right outward flail and chamber
 - b. slide right forward stab
 - c. Right downward block
5. Double upward block step back into left horse riding stance
 - a. Double overheads to the sides (the front and back)
 - b. Hide sai behind right side
 - c. Double upward cross block
 - d. Left trapping block
 - e. Step right foot forward and right stab
 - f. Double punch right high left low
6. Left 90 deg turn to left
 - a. Left circle block
7. Step right forward right punch
 - a. Slide front foot back to right cat stance right outward flail and chamber
 - b. slide right forward stab
 - c. Right downward block
8. Step left forward left punch
 - a. Slide front foot back to left cat stance left outward flail and chamber
 - b. slide left forward stab
 - c. Left downward block
9. Step right forward right punch
 - a. Slide front foot back to right cat stance right outward flail and chamber
 - b. slide right forward stab
 - c. Right downward block
10. Lean forward into right zenkutsu
 - a. Turn head to the left keeping the feet the same (making gyakyu zenkutsu)
 - b. left downward block
11. Step right forward right stab
 - a. Shift back to a right kokutsu
 - b. Right downward block
12. Step left forward left stab

- a. Shift back to a left kokutsu
 - b. Left downward block
13. Step right forward right inward flail stab
 - a. Slide in right stab
14. Turn 450 deg (1 and ¼) to left pivoting on left (facing front)
 - a. Step right foot forward
 - b. throw right sai
15. Left trapping block
 - a. Slide right foot forward and right stab
 - b. Right downward block
 - c. Left punch then right punch
16. Turn left 180 deg to the rear
 - a. Left circle block
17. Step right forward right punch
 - a. Slide front foot back to right cat stance right outward flail and chamber
 - b. slide right forward stab
 - c. Right downward block
18. Step left forward left punch
 - a. Slide front foot back to left cat stance left outward flail and chamber
 - b. slide left forward stab
 - c. Left downward block
19. Step right forward right punch
 - a. Slide front foot back to right cat stance right outward flail and chamber
 - b. slide right forward stab
 - c. Right downward block
20. Turn 360 deg to the left on the left foot (facing rear again)
 - a. Step right foot forward
 - b. Throw right sai
21. Left turn 180 deg to the front
 - a. Left circle block
 - b. Step in right punch
22. Bring left foot up to parallel stance
 - a. Right hand kamae (like an outward block)
 - b. Bring left foot to right
23. Bow