

Tsuken shitahaku no Sai

1. Bow (sai in left hand)
2. Place one sai in right hand and set (heiko dachi) hands down
3. Step left foot back
 - a. Double upward crossing block
 - b. Slide forward double overhead
4. Turn left 90 degrees (by dropping right foot back pivoting on the left leg)
 - a. Left downward block in zenkutsu dachi
 - b. Shift backward to shiko dachi
 - i. Left upward block
 - c. Step right foot forward to high stance
 - i. Right punch
 - ii. Right inside flail
 - d. Step left foot forward to high stance
 - i. Left punch
 - ii. Left inside flail
 - e. Step right foot forward to high stance
 - i. Right punch
 - ii. Right inside flail
 - f. Slide forward
 - i. Top of the hand strike
 - g. Drop left foot back shifting to zenkutsu dachi
 - i. Right downward block
 - h. Slide right foot back to high stance
 - i. Left punch
 - i. Slide right foot forward to shiko dachi
 - i. Right punch
5. Turn right 180 degrees to zenkutsu dachi
 - a. Right downward block
 - b. Shift backward to shiko dachi
 - i. Right upward block
 - c. Step left foot forward to high stance
 - i. Left punch
 - ii. Left inside flail
 - d. Step right foot forward to high stance
 - i. Right punch
 - ii. Right inside flail
 - e. Step left foot forward to high stance
 - i. Left punch
 - ii. Left inside flail
 - f. Slide forward

- i. Top of the hand strike
 - g. Drop left foot back shifting to zenkutsu dachi
 - i. Left downward block
 - h. Slide right foot back to high stance
 - i. Right punch
 - i. Slide left foot forward to shiko dachi
 - i. Left punch
- 6. Turn right 90 degree to rear by pivoting on the left leg
 - a. Right downward block in zenkutsu dachi
 - b. Slide right foot back to high stance
 - i. Right inside flail
 - c. Slide forward
 - i. Right top of the hand strike
 - d. Shift back to zenkutsu dachi
 - i. Right downward block
 - e. Slide right foot back to high stance
 - i. Left punch
 - f. Slide right foot forward to shiko dachi
 - i. Right punch
- 7. Left turn 180 to front zenkutsu dachi (left leg forward)
 - a. Left downward block
 - b. Shift back to shiko dachi
 - i. Left upward block
 - c. Step right foot forward to high stance
 - i. Right punch
 - ii. Right inside flail
 - d. Step left foot forward to high stance
 - i. Left punch
 - ii. Left inside flail
 - e. Step right foot forward to high stance
 - i. Right punch
 - ii. Right inside flail
 - f. Slide forward
 - i. Top of the hand strike
 - g. Drop left foot back shifting to zenkutsu dachi
 - i. Right downward block
 - h. Slide right foot back to high stance
 - i. Left punch
 - i. Slide right foot forward to shiko dachi
 - i. Right punch
 - j. Slide back in right shiko dachi
 - i. Chudan kamae

- k. Shift forward to zenkutsu dachi
 - i. Double downward block
 - l. Slide right foot back to neko ashi dachi
 - i. Chamber sai
 - m. Slide forwards in high stance
 - i. Double high punch
 - n. Slide back to neko ashi dachi
 - i. Double low flail to sides
 - ii. Double upward cross block
 - o. Slide forwards in high stance
 - i. Double overhead strikes
8. Left turn 180 to rear
- a. Left downward block in left zenkutsu
 - b. Shift back to shiko dachi
 - i. Left upward block
9. Right turn 90 degrees (in right high stance)
- a. Right side flail
 - b. Slide in
 - i. Right top of the hand strike
 - c. Drop left foot back shifting to right zenkutsu dachi
 - i. Right downward block
 - d. Slide right foot back to high stance
 - i. Left punch
 - e. Slide right foot forward to shiko dachi
 - i. Right punch
10. Left turn 180 degrees (in Left high stance)
- a. Left side flail
 - b. Slide in
 - i. Left top of the hand strike
 - c. Drop right foot back shifting to left zenkutsu dachi
 - i. Left downward block
 - d. Slide left foot back to high stance
 - i. Right punch
 - e. Slide left foot forward to shiko dachi
 - i. Left punch
11. Right turn 90 degrees to the rear (right high stance)
- a. Right side flail
 - b. Step left foot forward high stance
 - i. Left side flail
 - c. Step right foot forward right side flail
 - d. Slide forward
 - i. Top of the hand strike

- e. Drop left foot back shifting to zenkutsu dachi
 - i. Right downward block
 - f. Slide right foot back to high stance
 - i. Left punch
 - g. Slide right foot forward to shiko dachi
 - i. Right punch
 - h. Slide back in right shiko dachi
 - i. Chudan kamae
 - i. Shift forward to zenkutsu dachi
 - i. Double downward block
 - j. Slide right foot back to neko ashi dachi
 - i. Chamber sai
 - k. Slide forwards in high stance
 - i. Double high punch
 - l. Slide back to neko ashi dachi
 - i. Double low flail to sides
 - ii. Double upward cross block
 - m. Slide forwards in high stance
 - i. Double overhead strikes
12. Left turn 180 to the front
- a. Left downward block in left zenkutsu
 - b. Step in to right shiko dachi
 - i. Double elbow strikes
 - c. Slide left foot up to right
 - d. Drop right foot out (to ? stance)
 - i. Double overhead flails to the side
 - e. Drop down on right knee (left knee bent)
 - i. (Place both sai on ground)
 - ii. (Look left then right)
 - f. Step up right foot forward to the front
 - i. Right side flail
 - g. Slide in
 - i. Right top of the hand strike
 - h. Drop left foot back shifting to right zenkutsu dachi
 - i. Right downward block
 - i. Slide right foot back to high stance
 - i. Left punch
 - j. Slide right foot forward to shiko dachi
 - i. Right punch
13. Left turn 180 to rear
- a. Left downward block in left zenkutsu
 - b. Shift back to shiko dachi

- i. Left upward block
 - c. Step to right high stance
 - i. Right punch
 - d. Step to left high stance
 - i. Left punch
 - e. Step to right shiko dachi
 - i. Right punch
 - ii. Right side flail
- 14. Look to left to the front
 - i. Left side flail
 - b. Bring left foot to right turning 180 degree facing left (from the front)
 - i. Place sai behind left leg
 - c. drop to right shiko dachi
 - i. Double block to the right front
- 15. Turn right 180 degree to the left side by sliding the right foot back
 - a. Place side behind right leg
 - b. Drop to left shiko dachi
 - i. Double block to the left front
 - c. Step left foot back to right shiko dachi
 - i. Double block right hand hand high and left hand low
 - ii. Left upward block and right downward block (lift right leg)
- 16. Step left foot up
 - a. Sanchin kamae
 - b. Place both sai low
- 17. Bring left foot to right and sai in left hand
- 18. Bow