



**SAI AND BO**  
**SYLLABUS**

**SAI**

## BLOCKS

SOTO-UKE.....BLADE DOWNWARD  
SOTO-UKE.....BLADE OUTWARD  
UCHI-UKE.....BLADE DOWNWARD  
UCHI-UKE.....BLADE OUTWARD  
JODAN UKE.....BLADE DOWNWARD  
JODAN JU-JU UKE.....X BLOCK  
GEDAN BARAI.....BLADE UPWARD  
GEDAN BARAI.....BLADE DOWNWARD

## STRIKES

JODAN ZUKI.....TSUKA-GASHIRA (BUTT)  
JODAN ZUKI.....SAKI (POINT)  
SHUTO JODAN.....MONOUCHI (SHAFT)  
TIGER CLAW STRIKE....YOKU (PRONGS)  
URAKEN JODAN..... (MONOUCHI)  
EMPI UCHI.....MID-STRIKE  
.....UPWARD STRIKE  
.....DOWNWARD  
.....BACKWARD

## BASIC EXERCISES

FROM HIDARI ZEN-KUTSU-DACHI (STEPPING FORWARDS AND BACKWARDS)	JODAN TSUKI CHUDAN TSUKI GEDAN TSUKI
(BLADES IN AND OUT)	JODAN UKE SOTO-UKE UCHI-UKE KAKE-UKE GEDAN-BARAI
KOKUTSU-DACHI...MOROTE UCHI-UKE .....	AUGMENTED OUTSIDE BLOCK

BASIC EXERCISES CONT.

OUTSIDE CIRCULAR BLOCK.....NEKO-DACHI

VERTICAL EMPI-UCHI.....ZEN-KUTSU

MAWASHI-EMPI.....ZEN-KUTSU-DACHI

HORIZONTAL EMPI UCHI.....KIBA DACHI

CIRCULAR GROIN STRIKE.....ZEN-KUTSU DACHI

MOROTE –GEDAN UKE.....

## COMBINATIONS

FROM HEIKO-DACHI.....HIDARI-ZEN KUTSU DACHI/ JODAN- NAGE-UKE  
STEP MIGI ZENKUTSU-DACHI/ CHUDAN ZUKI/JODAN NAGE-UKE

FROM HEIKO-DACHI.....HIDARI-ZEN KUTSU DACHI/ JODAN NAGE-UKE/GEDAN BARAI UKE  
(SAME ARM).....STEP  
MIGI ZEN-KUTSU DACHI/JODAN NAGE-UKE/ GEDAN BARAI UKE

FROM HEIKO-DACHI.....HIDARI-ZEN KUTSU DACHI/ CHUDAN-ZUKI/JODAN NAGE-UKE/  
JODAN UCHI-KOMI//GEDAN BARAI  
STEP MIGI-ZEN KUTSU DACHI/ CHUDAN-ZUKI/JODAN NAGE-UKE/  
JODAN UCHI-KOMI//GEDAN BARAI

FROM HEIKO-DACHI.....HIDARI-ZEN KUTSU DACHI/MAWASHI SHUTO JODAN (BLADE OUT)  
/SHUTO JODAN(KIBA DACHI)  
STEP MIGI-ZEN KUTSU DACHI/MAWASHI SHUTO JODAN (BLADE OUT)  
/SHUTO JODAN(KIBA DACHI)

FROM HEIKO-DACHI.....HIDARI-ZEN KUTSU DACHI/SOTO-UKE (BLADE OUT)/EMPI CHUDAN  
(KIBA DACHI)/URAKEN JODAN (MONOUCHI)EMPI-CHUDAN(TSUKA)  
STEP MIGI ZEN KUTSU DACHI/SOTO-UKE (BLADE OUT)/EMPI CHUDAN  
(KIBA DACHI)/URAKEN JODAN (MONOUCHI)EMPI-CHUDAN(TSUKA)

FROM HEIKO-DACHI.....HIDARI ZEN KUTSU DACHI DOUBLE STRIKE JODAN STEP BACK  
HIDARI NEKOASHI-DACHI DOUBLE HOOK BLOCK  
STEPMIGI ZEN KUTSU DACHI DOUBLE STRIKE JODAN STEP BACK  
MIGI- NEKOASHI-DACHI DOUBLE HOOK BLOCK

COMBINATIONS CONTINUED

FROM HEIKO-DACHI.....HIDARI KOKUTSU-DACHI/DOUBLE HOOK BLOCK/MAEGERI CHUDAN  
STEP HIDAI ZEN-KITSU DACHI/DOUBLE BLADE STRIKE  
STEP MIGI KOKUTSU-DACHI/DOUBLE HOOK BLOCK/MAEGERI CHUDAN  
STEP HIDAI ZEN-KITSU DACHI/DOUBLE BLADE STRIKE

## **SAI KUMITE (RYUSHO SAKAGAMI)**

VERSUS SWORD OPPONENT ATTACKS OVERHEAD JODAN STRIKE

FROM.....HIDARI HAMAЕ GAMAE

STEP FORWARD MIGI ZENKUTSU DACHI / JODAN AGE UKE  
COUNTER GYAKUZUKI JODAN

OPPONENT ATTACKS OVERHEAD JODAN STRIKE

FROM.....HIDARI HAMAЕ GAMAE

STEP FORWARD MIGI ZENKUTSU DACHI/ JODAN KOSA UKE  
COUNTER JODAN KOSA-UKE

OPPONENT ATTACKS THRUST STRIKE CHUDAN

FROM.....HIDARI HAMAЕ GAMAE

BLOCK SOTO-UKE (BLADE DOWN)  
COUNTER UCHI-KOMI JODAN/GYAKU-ZUKI JODAN

OPPONENT ATTACKS OVERHEAD JODAN STRIKE

FROM.....HIDARI HAMAЕ GAMAE

STEP FORWARD MIGI ZENKUTSU DACHI/ JODAN KOSA UKE  
AS OPPONENT LIFTS TO ATTCK AGAIN  
COUNTER DOUBLE TSUKI-KOMI (YOKU)

KUMITE CONTINUED

VERSUS BO

FROM HEIKO DACHI.....BO ATTACKS OVERHEAD STRIKE JODAN  
STEP BACK HIDARI ZENKUTSU DACHI/HIDARI JODAN AGE UKE/  
GYAKU-ZUKI JODAN (TSUKA-GASHIRA) OR  
  
GYAKU-ZUKI JODAN (SAKI) OR  
  
MAWASH SHUTO (MONOUCHI)

FROM HEIKO DACHI.....BO ATTACKS OVERHEAD STRIKE JODAN  
STEP BACK HIDARI ZENKUTSU DACHI/ MIGI JODAN AGE UKE/  
JODAN ZUKI (TSUKA-GASHIRA)/GYAKU-ZUKI JODAN (TSUKA-GASHIRA)

FROM HEIKO DACHI.....BO ATTACKS OVERHEAD STRIKE JODAN  
STEP BACK /JODAN UCHI-KOMI

FROM HEIKO DACHI...BO ATTACKS CHUDAN THRUST MIGI ZEN KUTSU DACHI  
  
STEP MIGI ZENKUTSU DACHI/ SOTO-UKE (BLADE DOWN)/  
STRIKE URA UCHI JODAN .....BO BLOCKS  
YOKOGERI CHUDAN/GYAKUZUKI CHUDAN (TSUKA-GASHIRA)  
CHUDAN TSUKI (SAKI)

FROM HEIKO DACHI...BO ATTACKS CHUDAN THRUST  
STEP BACK ZENKUTSU DACHI/ SOTO-UKE (BLADE DOWN)/  
EMPI JODAN (SAKI)

SINGLE SAI FROM HEIKO DACHI.....BO ATTACKS OVERHEAD STRIKE JODAN MIGI ZEN  
  
STEP BACK MIGI ZENKUTSU DACHI/GYAKU JODAN AGE UKE/ GRASP BO WITH  
LEFTHAND HOOK WITH RIGHT...USE BO TO STRIKE OPPONENT ..PUSH TO FLOOR AND THRUST  
BO TO HEAD

## **KATA**

TAWADA NO SAI

CHATAN YARA NO SAI

**BO**

## BASIC HOLDS

JUN NIGIRI ..... BASIC HOLD

GYAKU NIGIRI..... REVERSE HOLD

YOSE NIGIRI ..... DOUBLE HOLD

HASAMI NIGIRI ..... PALM HOLD

FEELING AND AWARENESS EXERCISE  
BALANCE AND COORDINATION EXERCISE  
FINGER AND TWIRLING EXERCISE

FIGURE 8 EXERCISE

SHOULDER EXERCISE

HIP EXERCISE

STRIKING EXERCISE

THRUSTING EXERCISE

KATA-SUKASHI ..... UNDERARM GRIP

USHIRI-DORI ..... BACK GRAB

DAISHA-MAWASHI ..... LARGE CIRCULAR MOVEMENT

## STANCES

HEISOKU-DACHI

MUSUBI-DACHI

HEIKO-DACHI

SOTO-HACHJI-DACHI

ZENKUTSU-DACHI

SANCHIN-DACHI

KIBA-DACHI

GYAKU-ZENKUTSU-DACHI

NEKOASHI-DACHI

KOKUTSU-DACHI

SHIKO-DACHI

SHIRASIAGHI-DACHI



## **BASIC BLOCKS**

HARAI-UKE .....DOWNWARD BLOCK

YOKO-UKE.....INSIDE TO OUTSIDE

YOKO-UCHI-UKE.....OUTSIDE TO INSIDE

TATE-UKE.....VERTICAL BLOCK

## **UKE-KATA BLOCKING (STEPPING)**

MOROTE-UKE .....UPWARD DOUBLE-HANDED BLOCK

MOROTE-UKE .....DOWNWARD DOUBLE-HANDED BLOCK

MOROTE-UKE .....SIDEWAYS (KOKUTSU-DACHI)

MOROTE-UKE ..... BACKWARD (GYAKU-KOKUTSU-DACHI)

AGE-UKE ..... UPPER SIDE BLOCK

GYAKU- AGE- UKE .....REVERSE UPPER SIDE BLOCK

HARAI-UKE..... LOWER SIDE BLOCK

YOKO-UKE..... INSIDE TO OUTSIDE BLOCK NANAME-AGE-UKE   DIAGONAL SIDE

STRIKE TO FACE

OSAE-UKE..... PINNING

## **STRIKES**

UCHI-OTOSHI..... OVERHEAD STRIKE

UCHI-AGE .....UPWARD STRIKE

MOROTE-UCHI.....DOUBLE HANDED THRUST

YOSE-NIGIRI-UCHI   DOUBLE HOLD OVERHEAD STRIKE

YOKO-UCHI .....SIDE STRIKE

GYAKU-YOKO-UCHI .... REVERSE SIDE STRIKE GEDEN-UCHI    LOW STRIKE

GYAKU-GEDAN-UCHI .... REVERSE LOW STRIKE

## **TSUKI-KATA (POKING OR THRUSTING) TSUKI-KOMI**

.....2HANDED THRUST

GYAKU-ZUKI.....REVERSE THRUST

NAGASHI-ZUKI .....SLIDING THRUST

TSUKI-OTOSHI..... REVERSE DOWNWARD THRUST

## **BASIC TECHNIQUES - FORWARDS AND BACK**

HIDARI-NO-KAMAE ..... STEPPING FORWARD THEN OTOSHI-UCHI

TSUKI-KOMI ..... THRUSTING ..(CHANGING GRIP)

SUKUIAGE SUNAKAKE..... SWEEPING ..CHANGING GRIP)

UCHI OTOSHI ..... OVERHEAD STRIKE. (CHANGING GRIP)

YOKO-UCHI .....SIDE STRIKE

MAE-UKE FROM KOKUTSU-DACHI VERTICAL BLOCK FROM BACKSTANCE

MAE-UKE FROM NEKOASHI-DACHI VERTICAL BLOCK FROM CAT STANCE.. (ROTATING GRIP) HARAI-UKE

..... DOWNWARD BLOCK (CHANGING GRIP)

YOKO-UKE ..... INSIDE TO OUTSIDE BLOCK (CHANGING GRIP)

NANAME-AGE-UKE..... DIAGONAL STRIKE TO THE FACE (CHANGING GRIP)

OSAE-UKE ..... PINNING (CHANGING GRIP)

## **IDO-KIHON COMBINATIONS**

HARAI-UKE / TSUKI-KOMI..... DOWNWARD BLOCK WITH FORWARD THRUST

HARAI-UKE / HACHI-MAWASHI. ... DOWNWARD BLOCK FIGURE 8 MOVEMENT

UCHI-OTOSHI / YOKO-UKE.....OVERHEAD STRIKE / INSIDE TO OUTSIDE BLOCK

MAE-UKE / UCHI-OTOSHI..... VERTICAL BLOCK / OVERHEAD STRIKE MOROTE-UKE /

NANAME-UCHI DOUBLE HANDED BLOCK / DIAGONAL SIDE STRIKE

HARAI-UKE / HACHIJI-MAWASHI / DAISHA-MAWASHI / TSUKI-KOMI.....DOWNWARD BLOCK /  
FIGURE 8 MOVEMENT / LARGE CIRCULAR MOVEMENT /  
2HANDED THRUST

## COMBINATIONS

1) FROM YOI (HEIKO-DACHI) MIGIZEN-KUTSU-DACHI / OTOSHI-UCHI TSUKI-KOMI .....YOKO-  
UKE

STEP HIDARI ZEN-KUTSU-DACHI / OTOSHI-UCHI TSUKI-KOMI  
.....YOKO-UKE

(FORWARDS AND BACKWARDS)

2) FROM YOI (HEIKO-DACHI) .... MIGI-ZEN-KUTSU-DACH /GYAKU-YOKO-UCHI.... OTOSHI-UCHI.. STEP

HIDARI ZEN-KUTSU-DACHI / GYAKU-YOKO-UCHI OTOSHI-UCHI (FORWARDS AND  
BACKWARDS)

3) FROM YOI (HEIKO-DACHI) MIGI-ZEN-KUTSU-DACHI / OTOSHI-UCHI AGE-UCHI ...OTOSHO-  
UCHI

STEP HIDARI GEN-KUTSU-DACHI / OTOSHI-UCHI AGE-UCHI  
...OTOSHO-UCHI

(FORWARDS AND BACKWARDS)

4) FROM YOI (HEIKO-DACHI) MIGI-GEN-KUTSU-DACHI / OTOSHI-UCHI.... GYAKU-AGE-UKE..  
OTOSHI-UKE

STEP HIDARI ZEN-KUTSU-DACHI / OTOSHI-UCHI GYAKU-AGE  
.OTOSHI-UKE

(FORWARDS AND BACKWARDS)

## **SELF DEFENCE – SPARRING**

UNARMED COUNTERS TO ..... UCHI-OTOSHI

YOKO-UCHI

MOROTE-UCHI

BO-JITSU COUNTER TO ..... RIGHT PUNCH .....MORO I B-UKE / MOROTE-ZUKI  
RIGHT FRONT KICK MOROTE-UKE I GYAKU-YOKO-UKE X

2 BO-JITSU COUNTER TO NANAME-AGE-UCHI.... NANAME-UKE/GYAKU-GEDAN-UCH'UCHI-

OTOSHI BO-JITSU COUNTER TO MOROTE-UKE UCHI-AGE / GYAKU-ZUKI

BO-JITSU COUNTER TO; TSUKI-KOMI ..... GYAKU-YOKO-UCHI / UCHI-

OTOSHI MOROTE-.ZUKI NAGASHI-ZUKI I UCHI-

OTOSHI

YOKO-UCHI..... MOROTE-UKE / YOKO-UCHI

## **KATA**

SHUSHI NO KON SHO

CHIKIN (TSUKEN) NO KON

SUNAKAKE NO KON

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## **KARATE**

KINTARU

SHORIN-RYU KARATE

BASSAI-DAI

SHOTOKAN KARATE

## **OKINAWAN KOBUDO**

**SAI**

TAWADA NO SAI

CHATAN YARA NO SAI

**BO**

SHUSHI NO KON SHO

CHIKIN (TSUKEN) NO KON

SUNAKAKE NO KON