

Sai – Basic Kata # 1

All moves in gyakute mochi

For next move leave the blocking arm in same position

- 1) From kamae, move left foot to left to zenkutsu dachi and gedan uke.
- 2) Move right foot forward, right zenkutsu dachi, chudan tsugi, honte mochi
- 3) Move right foot to right hand side, right zenkutsu dachi, gedan uke
- 4) Step forward with left, left zenkutsu dachi, chudan tsuki, honte mochi
- 5) Move left foot to front, left zenkutsu dachi, gedan uke
- 6) Step forward with right, right zenkutsu dachi, chudan tsuki, honte mochi
- 7) Move left foot forward, left zenkutsu dachi, chudan tsuki, honte mochi
- 8) Move right foot forward, right zenkutsu dachi, chudan tsuki, honte mochi
- 9) Move left foot to your right hand side (turn 270 degrees), left zenkutsu dachi, gedan uke
- 10) Move right foot forward, right zenkutsu dachi, chudan tsuki, honte mochi
- 11) Move right foot to opposite side, right zenkutsu dachi, gedan uke
- 12) Step forward with left, left zenkutsu dachi, chudan tsuki, honte mochi
- 13) Move left foot to front, left zenkutsu dachi, gedan uke
- 14) Step forward with right, right zenkutsu dachi, chudan tsuki, honte mochi
- 15) Move left foot forward, left zenkutsu dachi, chudan tsuki, honte mochi
- 16) Move right foot forward, right zenkutsu dachi, chudan tsuki, honte mochi

- 17) Move left foot to your right hand side (turn 270 degrees), left zenkutsu dachi, gedan uke
- 18) Move right foot forward, right zenkutsu dachi, chudan tsuki, honte mochi
- 19) Move right foot to opposite side side, right zenkutsu, dachi, gedan uke
- 20) Step forward with left, left zenkutsu dachi, chudan tsuki, honte mochi
- 21) Finish