

1. To "A";

- a. Rei - Haisuko w/ closed Sai at sides
- b. Fudo w/ closed Sai Morote Chudan Uke
- c. Haiji w/ closed Sai Morote Gedan Uke

2. To "A-B";

- a. Poise-R Haku Tsuru w/ R Tegatana
- b. Advance-to R Zen w/ R closed Sai Chudan Tate to R closed Sai Jodan Uke
- c. Advance-to L Zen w/ L closed Sai Chudan Tate to L closed Sai Jodan Uke
- d. Advance-to R Zen w/ R closed Sai Chudan Tate to R closed Sai Jodan Uke
- e. Draw back and poise-R Haku Tsuru w/ R closed Sai Gedan Uke (body pivots C.C.W. to "A-D", uke is to "A-B")
- f. Step-to R Zen w/ R open Sai (overhead C.C.W.) Jodan Zuki
- g. Maintain-R Zen w/ draw - R closed Sai palm up from Jodan to Empi and L closed Sai (outside) from Empi to Chudan Uke (palm out)

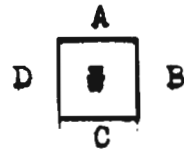
3. From "A-B" to "D";

- a. Pivot-R Zen to L Kebe w/ L closed Sai Chudan Uke scan (palm outward)
- b. Pivot-L Kebe to L Zen w/ R open Sai (overhead C.C.W.) Jodan Zuki (KIAII)

4. To "C-D";

- a. Poise-L Haku Tsuru w/ L Tegatana
- b. Advance-to L Zen w/ L closed Sai Chudan Tate to L closed Sai Jodan Uke
- c. Advance-to R Zen w/ R closed Sai Chudan Tate to R closed Sai Jodan Uke
- d. Advance-to L Zen w/ L closed Sai Chudan Tate to L closed Sai Jodan Uke
- e. Draw back and poise-L Haku Tsuru w/ L closed Sai Gedan Uke (body pivots C.W. to "A-D" with Uke to "C-D")
- f. Step-to L Zen w/ L open Sai (overhead C.W.) Jodan Zuki
- g. Maintain-L Zen w/ draw - L closed Sai palm up from Jodan Uke to Empi and R closed Sai (outside) from Empi to Chudan Uke (palm out)

SAI JITSU ICHI



From "C-D" to "A";

- a. Pivot-L Zen to R Keba w/ R closed Sai Chudan Uke Scan (palm outward)
- b. Pivot-R Keba to R Zen w/ L open Sai (overhead C.W.) Jodan Zuki



To "A";

- a. Retreat-R Zen to L Zen w/ open Sai Jodan Juju Uke, break away, return with Morote Chudan Zuki



To "A-D";

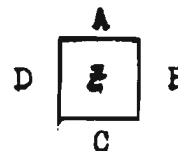
- a. Poise-L Haku Tsuru w/ L Tegatana
- b. Advance-to L Zen w/ L closed Sai Chudan Tate to L closed Sai Jodan Uke
- c. Advance-to R Zen w/ R closed Sai Chudan Tate to R closed Sai Jodan Uke
- d. Advance-to L Zen w/ L closed Sai Chudan Tate to L closed Sai Jodan Uke
- e. Draw back and poise-L Haku Tsuru w/ L closed Sai Gedan Uke (body pivots C.W. to "A-B" with Uke to "A-D")
- f. Step-to L Zen w/ L open Sai (overhead C.W.) Jodan Zuki
- g. Maintain-L Zen w/ draw - L closed Sai palm up from Jodan Uke to Empi and R closed Sai (outside) from Empi to Chudan Uke (palm out)



From "A-D" to "B";

- a. Pivot-L Zen to R Keba w/ R closed Sai Chudan Uke Scan (palm outward)
- b. Pivot-R Keba to R Zen w/ L open sai (overhead C.W.) Jodan Zuki (KIAII)

SAI JITSU ICHI



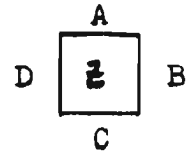
9. To "B-C":

- a. Draw back and poise-R Haku Tsuru w/ R Tegatana
- b. Advance-to R Zen w/ R closed Sai Chudan Tate to R closed Sai Jodan Uke
- c. Advance-to L Zen w/ L closed Sai Chudan Tate to L closed Sai Jodan Uke
- d. Advance-to R Zen w/ R closed Sai Chudan Tate to R closed Sai Jodan Uke
- e. Draw back and poise-R Haku Tsuru w/ R closed Sai Gedan Uke (body pivots C.C.W. to "A-B", Uke is to "B-C")
- f. Step-to R Zen w/ R open Sai (overhead C.C.W.) Jodan Zuki
- g. Maintain-R Zen w/ draw - R closed Sai palm up from Jodan to Empi and L closed Sai (outside) from Empi to Chudan Uke (palm out)

10. From "B-C" to "A":

- a. Pivot-R Zen to L Keba w/ L closed Sai Chudan Uke Scan (palm outward)
- b. Pivot-L Keba to L Zen w/ R open Sai (overhead C.C.W.) Jodan Zuki

SAI JITSU ICHI



To "A";

- a. Retreat-L Zen to R Zen w/ open Sai Jodan Juju Uke, break away, return with Morote Chudan Zuki
- b. Advance-to L Zen w/ closed Sai Chudan Tate to L closed Sai Jodan Uke
- c. Advance-to R Zen w/ R closed Sai Chudan Tate to R closed Sai Jodan Uke
- d. Retreat-to L Zen w/ L closed Sai Chudan Tate to L closed Sai Jodan Uke
- e. Retreat-to R Zen w/ open Sai Jodan Juju Uke, break away, return with Morote Chudan Zuki
- f. Maintain-R Zen w/ closed Sai Gedan Juju Uke



To "A";

- a. Draw up-to Haiji w/ closed Sai Morote Chudan Uke
- b. Close-R to L to Haisuko w/ closed Sai Morote Gedan Uke
- c. Rei w/ closed Sai at sides