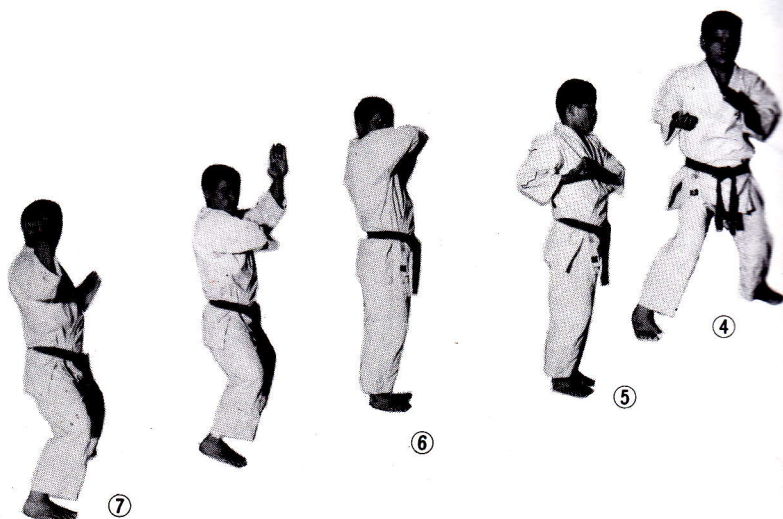


SAIHA

1. Assume ready stance.
2. Assume the *Musubi-tachi* (linked foot stance) and meditate.
3. Cross the arms in front of the chest so that the right hand is beside the left ear and the left hand is beside the right ear. Gradually open the arms and assume the *Fudo-tachi* (ready stance).
4. Place the right foot diagonally one step forward making a 45° angle with the body.
5. Bring the left foot over to the right foot and assume the *Musubi-tachi* (linked foot stance). At the same time, bring the right hand up to the armpit and place the left hand over it.
6. Attack the opponent's jaw with the right elbow.
7. Place the left foot one step to the side and assume the *Han-kiba-tachi* (half horse stance). Attack the opponent's face using *Uraken* (back fist) and at the same time shield the solar plexus with the left hand using the *Shotei* (palm heel).
8. Place the left foot diagonally one step forward to make a 45° angle with the body.



10. Bring the right foot over to the left foot and assume the *Musubi-tsunagi* (linked foot stance). At the same time, bring the left hand to the chest and place the right hand over it.

11. Attack the opponent's jaw with the left elbow.

12. Place the right foot one step to the side and assume the *Han-kiba-tachi* (half horse stance). Attack the opponent's face using *Ura-ken* (back fist) and at the same time shield the solar plexus with the right hand with *Shotei* (palm heel).



8



9



10



11

13. Place the right foot diagonally one step forward to form a 45° angle with the body.

14. Bring the left foot over to the right one and assume the *Musubi-tsunagi* (linked foot stance). At the same time, bring the right hand over the right armpit and place the left hand over it.



14



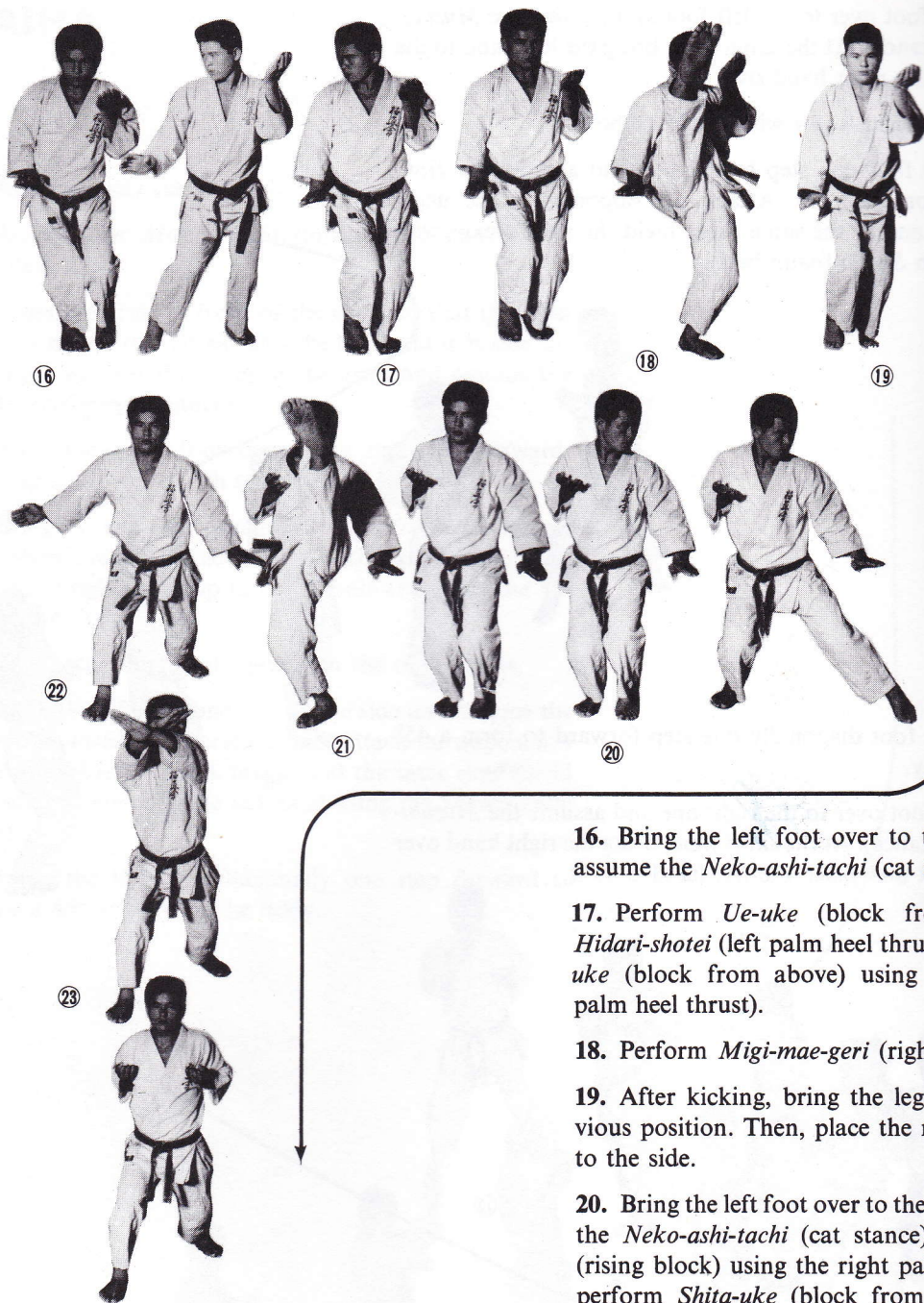
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12

14. Attack the opponent's jaw with the right elbow.

15. Place the left foot one step to the side and assume the *Han-kiba-tachi* (half horse stance). Attack the opponent's face with *Ura-ken* (back fist) using the right hand and protect the spleen area with the left hand.



16. Bring the left foot over to the right foot and assume the *Neko-ashi-tachi* (cat stance).

17. Perform *Ue-uke* (block from below) using *Hidari-shotei* (left palm heel thrust) and then *Shita-uke* (block from above) using *Migi-shotei* (right palm heel thrust).

18. Perform *Migi-mae-geri* (right front kick).

19. After kicking, bring the leg down to the previous position. Then, place the right foot one step to the side.

20. Bring the left foot over to the right foot, making the *Neko-ashi-tachi* (cat stance). Perform *Ue-uke* (rising block) using the right palm heel thrust and perform *Shita-uke* (block from above) using the left palm heel.

21. Perform *Hidari-mae-geri* (left front kick).

22. Bring the left foot to the back and assume the *Migi-zenkutsu-tachi* (right forward stance).

23. Cross the arms in front of the body, pull the stretched arms back to the armpits . . .

24. . . . and then thrust both arms out and perform *Seiken-jodan-morote-tsuki* (upper body thrust with both hands in normal fists).

25. Open the arms out to the sides and lower them using a large circular motion. Then, place the left hand in *Shotei* (palm heel thrust) and the right hand in *Tettsui* (iron hammer fist), and bring them together tightly in front of you at waist level.

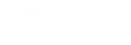
26. Bring the right foot one step to the left side and turn.

27. Cross the arms in front of the body in order to form *Juji-uke* (X-block), then pull them back towards the armpits to create the momentum needed for performing *Seiken-morote-tsuki* (thrust using both hands in the normal fist). The karateka is in *Hidari-zenkutsu-tachi* (left forward stance).

28. Open both arms and lower them using a large circular motion. Then, place the right hand in *Shotei* (palm heel thrust) and the left hand in *Tettsui* (iron hammer fist), and bring them together at waist level.

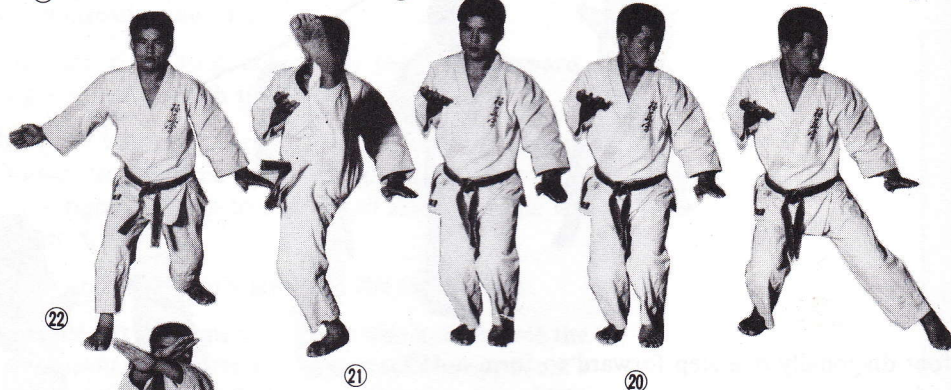
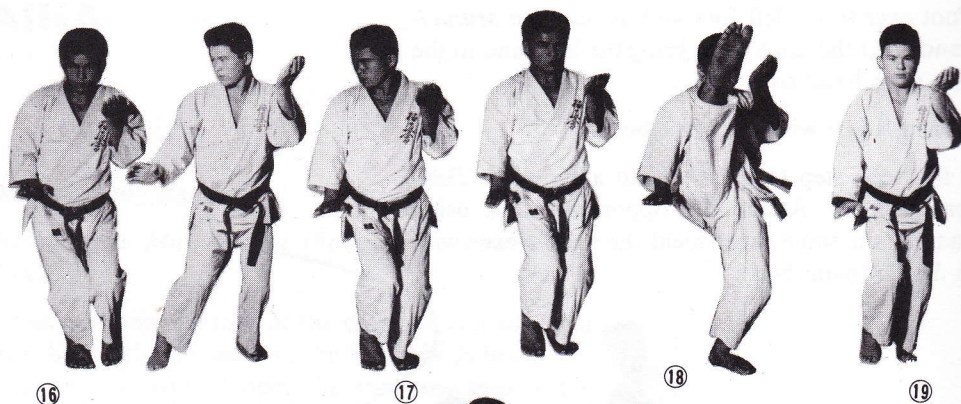


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28





16. Bring the left foot over to the right foot and assume the *Neko-ashi-tachi* (cat stance).

17. Perform *Ue-uke* (block from below) using *Hidari-shotei* (left palm heel thrust) and then *Shita-uke* (block from above) using *Migi-shotei* (right palm heel thrust).

18. Perform *Migi-mae-geri* (right front kick).

19. After kicking, bring the leg down to the previous position. Then, place the right foot one step to the side.

20. Bring the left foot over to the right foot, making the *Neko-ashi-tachi* (cat stance). Perform *Ue-uke* (rising block) using the right palm heel thrust and perform *Shita-uke* (block from above) using the left palm heel.

21. Perform *Hidari-mae-geri* (left front kick).

22. Bring the left foot to the back and assume the *Migi-zenkutsu-tachi* (right forward stance).

23. Cross the arms in front of the body, pull the stretched arms back to the armpits . . .

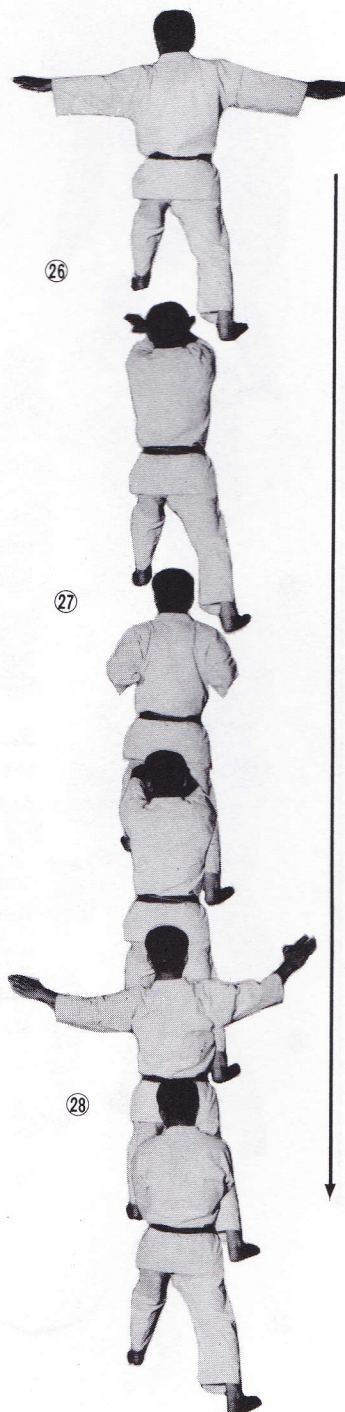
24. . . . and then thrust both arms out and perform *Seiken-jodan-morote-tsuki* (upper body thrust with both hands in normal fists).

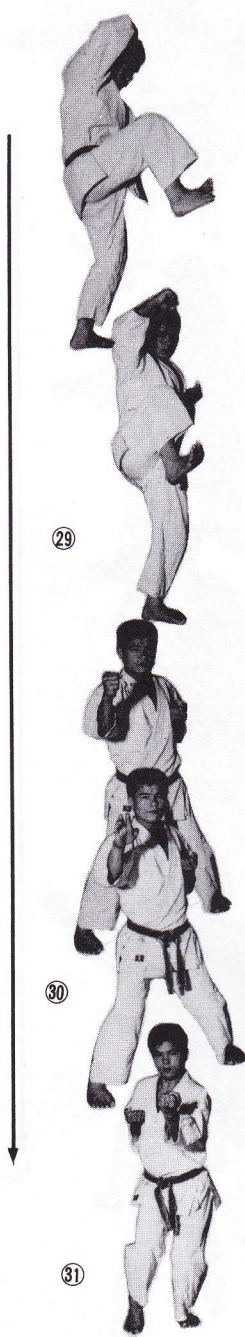
25. Open the arms out to the sides and lower them using a large circular motion. Then, place the left hand in *Shotei* (palm heel thrust) and the right hand in *Tettsui* (iron hammer fist), and bring them together tightly in front of you at waist level.

26. Bring the right foot one step to the left side and turn.

27. Cross the arms in front of the body in order to form *Juji-uke* (X-block), then pull them back towards the armpits to create the momentum needed for performing *Seiken-morote-tsuki* (thrust using both hands in the normal fist). The karateka is in *Hidari-zenkutsu-tachi* (left forward stance).

28. Open both arms and lower them using a large circular motion. Then, place the right hand in *Shotei* (palm heel thrust) and the left hand in *Tettsui* (iron hammer fist), and bring them together at waist level.





29. Performing *Migi-ashi-barai* (right leg sweep), turn around to the right 180°, and drop the *Tettsui* (iron hammer fist) forcefully from above.

30. Assume *Sansen-tachi* (fighting stance) and unclench the right fist (iron hammer), and make a hook.

31. Assume *Neko-ashi-tachi* (cat stance) and perform the *Hidari-shita-tsuki* (lower thrust using the left hand).

32. Performing *Hidari-ashi-barai* (left leg sweep), turn around to the left 180° and drop the *Hidari-tettsui* (left iron hammer fist) forcefully from above.

33. Assume *Sansen-tachi* (fighting stance) and unclench the left fist (iron hammer) and make a hook.

34. Perform *Migi-shita-tsuki* (lower thrust using the right hand), and assume *Neko-ashi-tachi* (cat stance).



35. Place the right foot one step forward and assume *Samen-tachi* (fighting stance), and at the same time, perform *Hidari-seiken-tsuki* (thrust using the left normal fist).

36. Turn 180° to the right. Using a circular motion, bring the right forearm in *Kake* (hook) manner in front of the forehead.

37. Perform a *Hidari-mawashi-uke* (left roundhouse block) and assume the *Neko-ashi-tachi* (cat stance).

38. The left hand performs *Jodan-uke* (upper body block) and the right hand performs *Gedan-uke* (lower body block).

39. Now practice the *Ibuki* (breathing exercise described on page 82). Bring the right foot over to the left foot and assume *Musubi-tachi* (linked foot stance). Clasp the hands in front of the body with the left hand on top (thumbs should be facing the body). Bring the arms up to the level of the face and rotate the hands 180° without moving them so that they are in the same position as when you started, but reversed. Gradually lower the hands and relax the body in order to calm the heavy breathing.

40. Return to the original position.

