



Instructor:
Master Delafield

3rd Dan
SELF-DEFENSE

43-50

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Attacker	Defender
● With Staff, step forward overhead strike with right	● With Sais step back with left foot high cross block
● Step forward low strike with left	● Step back and low cross block
● Step forward middle strike with right	● Step back (BS) inner block with right
● High block their spinning strike	● Spinning back strike
	● Spinning sweep to takedown and punch - K'ihap

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Attacker	Defender
● With Staff step forward high strike with right	● With Sais step back with left foot high block with right
● Skip forward low strike with right	● Skip back into back stance and lowblock with
● Skip forward middle strike with right	● Skip back (BS) inner block with right
● Step forward low upward strike with left	● Step back (FS) low cross
● Step forward high overhead strike	● Step back high cross block, twist left sai trapping their staff, backfist with right - K'ihap

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Attacker	Defender
● With Staff step forward right hand strike to their head	● With Sais step back with right foot, open hand high side block
● Step forward left high strike to head	● Step back left, right open hand high side block
● Step forward right overhead strike	● Step back right, high cross block
● Step forward low upper strike with left,	● Step back left, low cross block
● Step back with left high block their strike	● Step forward with left, left hand overhead strike
● Step back with right and vertical block, he knocks your staff loose	● Step forward right hand middle strike knocking their staff loose
	● Left foot side kick
	● Left hand backfist - K'ihap

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Attacker	Defender
● With Staff step forward right hand strike to their head	● With Sais step back with right foot, left hand open block
● Step forward left hand strike to their head	● Step back with left foot, right hand open block
● Skip forward low upper strike with left	● Step back with right foot, low cross block
● Step forward right overhead strike	● Step back with left foot, high cross block then twist the left sai trapping their staff
●	● Right foot high roundhouse
●	● Back fist with right - K'ihap

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Attacker	Defender
● With Staff step forward with right foot high overhead strike	● With Staff step back with left foot and high parallel block
● Step forward low upper strike with left	● Step back low parallel block
● Step forward middle strike with right	● Step back middle strike with right
● Skip back on their kick	● Reverse side kick with left
● Middle strike with right- K'ihap	● Right hand reverse middle strike - K'ihap

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Attacker	Defender
● With Staff step forward with right foot overhead strike	● With Staff step back with left foot and high parallel block
● Step forward low left upper strike	● Step back low parallel block
● Step forward low twisted strike	● Step back low twisted block
	● Use the other end of your staff and knock their staff out
● Skip back after he knocks your staff loose	● Reverse side kick with left foot
● Middle strike block with right - K'ihap	● Right hand middle strike block - K'ihap

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Attacker	Defender
● With Staff step forward with right foot overhead strike	● With Staff step back with right foot high parallel block
● Step forward low upper strike	● Step back low parallel block
● Spinning middle strike with right	● Step back (BS) right side vertical block
● Spinning middle strike with left	● Step back (BS) left side vertical block
● Skip back on their kick	● Reverse side kick with left
● Step back middle strike block with right - K'ihap	● Middle strike block with right - K'ihap

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Attacker	Defender
● With Staff step forward with right foot overhead strike	● With Staff step back with left foot high parallel block
● Step forward left high strike	● Step back high left side block
● Step forward right high strike	● Step back high right side block
● Step forward low left strike	● Step back (BS) low left side block
● Skip back and right side vertical block	● Spinning middle strike with right
● Skip back left low side block	● Step forward low left strike
● Step back high strike block with right - K'ihap	● Step forward, right high side strike block - K'ihap