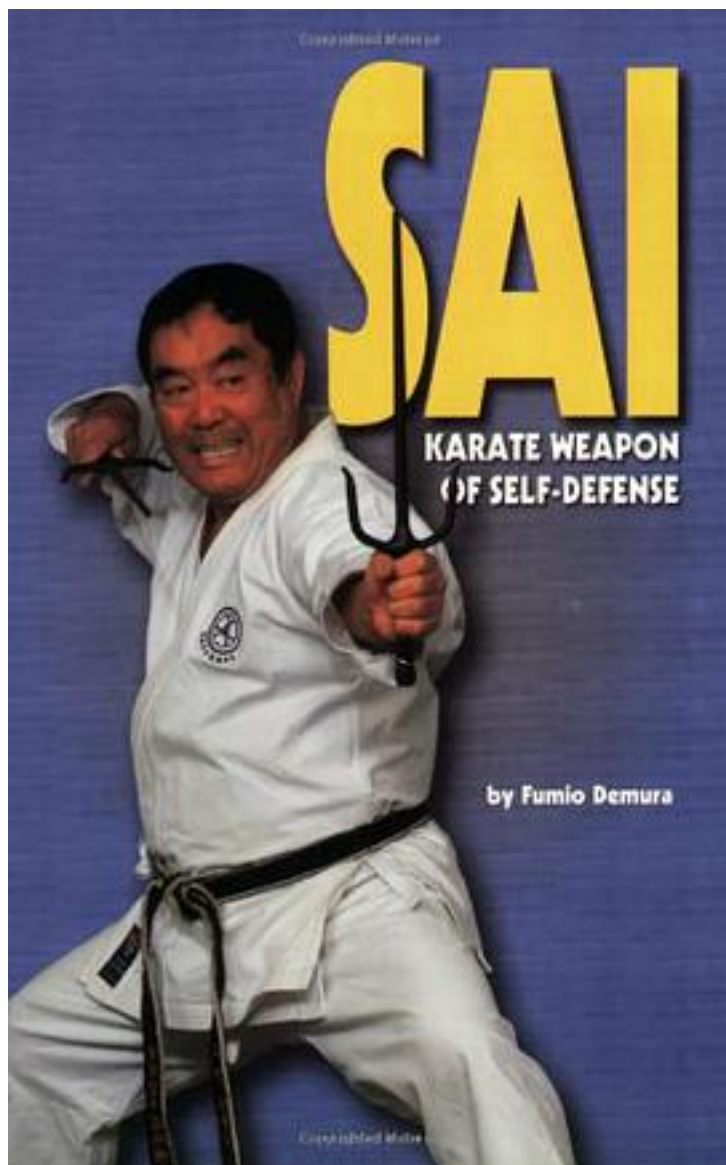


# Sai



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著者:Demura, Fumio

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The basics of sai anatomy, history, and technique are presented in this critically acclaimed vintage text that demonstrates a variety of warm-up, gripping, handling, flipping, striking, blocking, and sparring techniques - as well as footwork, stances, and combinations - through detailed photographic sequences and illustrations. The author's clear and concise explanations foster an understanding of the weapon as an extension of the body, making this a perfect book for the new martial artist or for the veteran seeking to expand his or her repertoire.

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