



United Martial Arts
10760 W. Hwy. 55 Plymouth MN 55441

San Tsai Sword

Methods for Practice:

1. B blocks A's Attacks (Shaolin method, not so good)
2. Dodge and Cut (Jedi Method)
3. Touch and Push
4. 1 Steps

	Side A	Side B
0	Ready Stance	Ready Stance
1	Favorable R thrust	Turn to L, slip the thrust
2	Retreat to R cat, pull sword out palm up	Attack wrist
3	Step to L Crane and Phoenix spreads wings	Step to L in bow and duck hands together
4	Step down to spotted and pull sword out	Backhand to wrist, hands apart
5	Step R down to Horse, cut leg, hands apart	Pull Right leg out to R crane pull sword to side, hands together
6	Pull sword out, hands together	Cut wrist
7	Step R back	Stab leg in R bow
8	Turn waist, cut wrist	Pull sword out
9	Pierce L eye	Block across, step L to T
10	Lock Hilts Cat Stance	Lock Hilts Cat Stance
	Cut wrist and pull out to Ready	Cut wrist and pull out to Ready