



Saijutsu: Traditional Okinawan Weapon Art

Katsumi Murakami

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***Saijutsu: Traditional Okinawan Weapon Art* is a presentation by kobujutsu master Katsumi Murakami of the powerful and subtle Okinawan art of the sai.**

In this succinct and authoritative martial arts manual, the art of wielding the sai, twin forked weapons-sometimes called iron rulers or truncheons-that enable the user to disarm and neutralize a more heavily armed opponent, is set out in step-by-step detail, with clear photographs of every move of each kata, from the basic training forms to the more complex classical kata.

The core of the art of saijutsu is the union of weapon and wielder- sai become extensions of the hand itself. Practicing these techniques trains the wrist and arm, and indeed the whole body, in a way which increases the power, speed, and precision even of empty-handed strikes.

This volume includes legends of the saijutsu masters Bushi Tawada and Bushi Matsumura of the author's lineage, discussion of saijutsu technique versus sword, and the following kata:

- Saijutsu Kihongata Ichi
- Saijutsu Kihongata Ni
- Saijutsu Kihongata San
- Tawada no Sai Ichi
- Matsumura no Sai

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