

Karate Weapons: Sai

The Sai is a traditional Okinawan weapon whose use continues to be practiced in many martial arts today.

The Sai is a three pronged fork-like weapon with the centre fork being around 20" in length. Its main use was in defence against the sword or Bo, as these could be trapped in the forks, thereby disarming the attacker. It is a single handed weapon but normally used in pairs.

To be effective as a weapon, the Sai must be of the right caliber for your body size, and the main prong should protrude just past the elbow when holding the handle.

