



The Best of Okinawan Martial Arts Weapons Series - Book One: SAI

Shihan Nishiuchi

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Thank you for your interest in Okinawan kobudo. As you may already know, Okinawan kobudo comes mostly from farmer and fishermen tools such as the hoe, sickles, bo staff and the handle from stone grain mills (tonfa) and the nunchaku from the skin of the hemp plant to make clothes or from a hand thrasher to separate soybeans from their shell. Every country, including your country, has or had very similar farming and fishermen tools. The shape may be different but you can perhaps use your own country's tools for practice. You don't necessarily need to have farming tools from Okinawa, and you can still practice kobudo. That is the most strong point of kobudo. Now, don't make too hard of a schedule to learn, you must enjoy practicing. If you study and practice well with the weapons, then your movement will be very natural and your body will become one with the tools (weapons) and the movement. I hope you have enjoyed this book. As long as you don't hit yourself with your own weapons, you can have a lot of fun!

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