



KOBUDO STUDIO

Sai Measurement Guide

Correct hand and arm measurements are very important when creating a custom martial arts weapon. For sai, four measurements are needed.

- 1) The total length of your forearm from fingertip to elbow
- 2) The length of the hand with ONLY the index finger extended
- 3) The width of your palm open
- 4) The width of your palm closed

Measuring Tips:

- It's essential to use a “solid” ruler, not a tape measure. The rigidity of a solid ruler ensures accurate measurements, unlike the flexibility of a tape measure.
- Be certain that you start your measurement from the “0” point of your ruler. This is commonly NOT the end of the ruler, but about $\frac{1}{8}$ ” down.

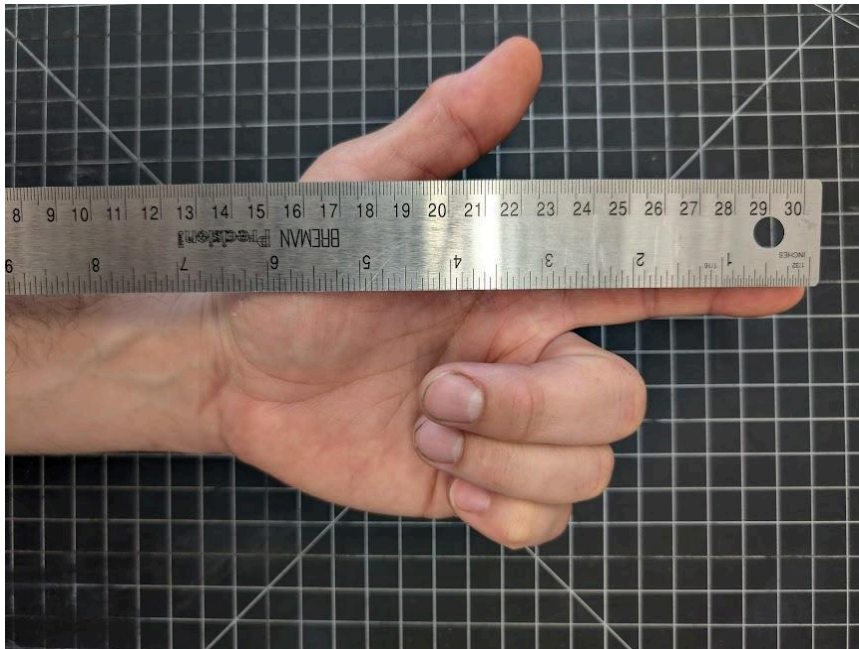


- Grab a helper to help measure, like the examples on the next page. Doing this yourself can be very tricky.

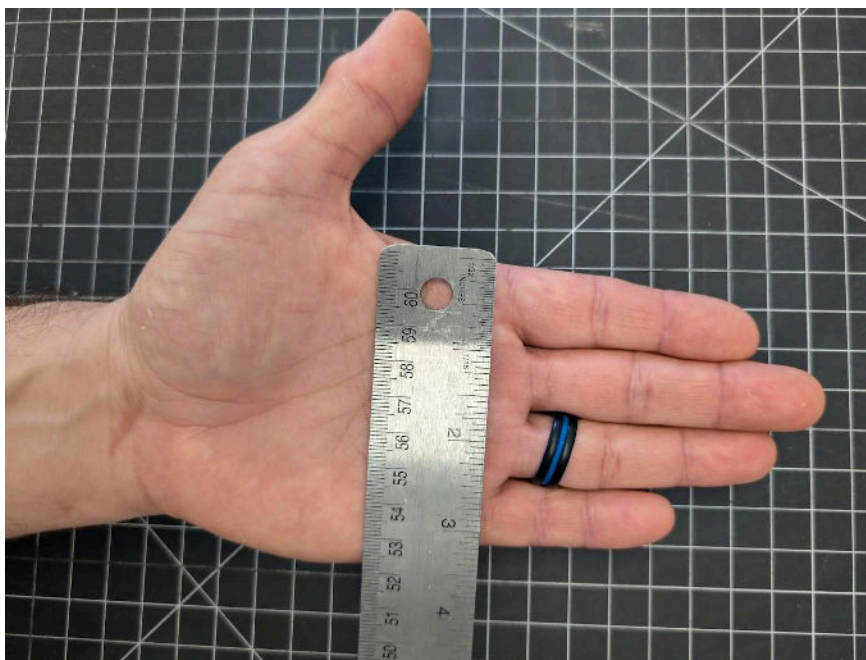
#1 Forearm Measurement: fingertip to elbow tip



#2 The length of the hand with ONLY the index finger extended



#3 Open Palm Measurement



#4 Closed Palm Measurement

