

TONFA

Blocks & Strikes

READY POSITIONS

Ready Position 1: Both tonfas held in left hand on left side of body by hip.

Ready Position 2: Each tonfa held in each hand in front of hip, as in junbi.

Ready Position 3: Each tonfa held in each hand by chest, as in fighting stance.

BLOCKS (all closed except for Leg Lift)

ONE-HAND

TWO-HAND

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| 1. Down Block | 1. Two-Hand Down Block (like Junbi) |
| 2. Upward Block | 2. Upward Block & Punch |
| 3. Inside Block | 3. Two-Hand Inside Block (palms facing out) |
| 4. Outside Block | 4. Two-Hand Outside Block (to one side) |
| 5. Leg Lift Block (open) | 5. Block in Mountain Stance (John Travolta) |
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STRIKES (employ both one and two-hand, except for Shuto & Four-Circle Strike)

1. Punch
 2. Overhead Strike (to head or collar bone)
(Closed: downward hammer fist) (Open: throw the baseball)
 3. Uppercut
 4. Shuto
 - From shoulder
 - From hip (with block)
 5. Reverse Shuto
 6. Ridge
 7. Hammer (elbow to center line)
 8. Four-Circle Strike: (all closed)
 1. Right Shuto (palm down)
 2. Left Reverse Shuto (palm up)
 3. Right Overhead Strike
 4. Left Overhead Strike
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