

TONFA

Self-Defense

(with partner armed with bo)

c = closed, o = open

From Ready Position #2

-
- Down Block (left) (c)
 - Shuto (right) (c)
 - Reverse Shuto (left) (c)
 - Upward Block (left) (c) / Punch (right) (c)
 - Shuto (to groin) (left) (c) / Overhead Downward Strike (right) (c)
 - Two-Hand Inside Block (c)
 - Two-Hand Ridge (c)
 - Two-Hand Uppercut (to ribs) (o)
 - Two-Hand Outside Block (left side) (c)
 - Shuto (from hip) (right) (o)
 - Overhead Downward Strike (right) (o)
 - Leg Lift Block (left) (o)
 - Inside Block (right) (c)
 - Overhead Strike (right) (o)
 - Upper cut (under chin) (right) (c)
 - 4-Circle Strike

