Tonfa tactics

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Tonfa tactics

INTRODUCTION

Perhaps no other weapon in karate is as practical, powerful, and versatile as the tonfa, yet no other weapon is so little known and used. Why? I feel that the reasons are twofold. First, while the tonfa is powerful, it is not flashy and can- not be used for that fun and games demonstrated with the nunchaku by so many supposed weapons experts. The crowds love it and those who don't know any better imagine that these are real weapons men. In reality they are only baton twirlers who kick. If you could twirl the tonfa like a gun, set it on fire, and dance with it as you can the nunchaku, it would greatly increase in popularity. Second, the tonfa is not easily carried on the body, like a knife or nunchaku, so those who feel insecure unless they are carrying a weapon at their side don't even try to understand the tonfa. This helps account for its lack of popularity. I hope this book will change all of that.

The tonfa is a truly remarkable weapon; it has the advantages of a baseball bat, a club, a hammer, a blunt axe, and body' armor. When the tonfa is held down the forearm, the arm is reinforced with three inches of rock-hard wood. No other weapon short of a sword can penetrate your blocks when you use the tonfa to reinforce them. A nunchaku, knife, bat, or bo will bounce off the tonfa. When held by the handle and

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flipped with speed and power, the tonfa has the same deadly potential as a baseball bat or a club moves faster, and is easier to control. When held at its top using the handle as a bludgeon, the tonfa has the power of an axe or hammer. With two tonfa you can stop the attacks of several men armed with other weapons, as demonstrated in the final chapter of this book. It is truly a powerful, versatile weapon.

One last word: State laws vary, so be sure to find out from your local police department if it is legal to carry a tonfa in your car or on your person. Always remember that the tonfa is a self-defense and karate weapon and should only be used in karate class or, in cases of extreme emergency, to protect your life or the lives of others.

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This book has been written as a training and information manual for people and students who may find that they have to defend themselves in the street from attack by those who may have such weapons as knives, bats, clubs, broken bottles, chains, or all of the above.

It is intended to be a training manual not in how to use the weapons of the street, but rather in how to defend your- self against unwarranted and unnecessary attack. There are a few instructions in offensive techniques, but they are meant to be used to control the attacker till the police come or till help can arrive.

I do not condone nor intend that this book be a manual for those who would use weapons in the street to harm their fellow man for any reason.

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Holding the Tonfa

Position I (basic position): Hold the tonfa by its handle, below the forearm. Be sure to lock the thumb over the fingers and keep the wrist straight so that the tonfa stays down on the forearm.

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Position 2: Hold the tonfa by its end. In this position the tonfa is used as a club or hammer.

Position 3: Hold the tonfa at its top. In this position the tonfa is used as a stick and is very effective for chokes and pressure points.

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Position 4: Hold the tonfa by its handle with the end forward. In this position the tonfa can be used to thrust, parry, and jab

Position 5: Hold the tonfa by its handle, on top of the tonfa is used for blocking and thrusting

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FLIPPING THE TONFA

One of the major power strikes of the tonfa comes from flipping the stick and smashing it into vital areas of the body. It is very, important to master this flip. To power in the flip one must always cock or bend the arm slightly so that power of movement may begin. As the arm begins to swing forward the wrist should be curled backward to effect the smashing motion. When the wrist has finally flipped out straight, the arm should be straight and locked, the hips secure, and shoulders powerful. Use the entire body for power; almost like a backhand shuto.

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Close-up of the flipping action: Notice that the wrist is straight and the tonfa is extended down the arm. As the flipping motion starts, the wrist is curled backward for more power. The arm is then flung forward with speed and power.

Do not allow the tonfa to twist too much in your hand; this lessens power. Instead, make a very slight movement of your grip, and allow the tonfa to twist very little.

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BASIC BLOCKS

Down block or low groin block: In this position one uses a typical karate groin block, but the tonfa is held down the side of the forearm for more strength.

This block is the same as the down block, except that the tonfa is extended out from the arm to give the block more distance.

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X groin block: **Both tonfa are thrust down to the groin area to effect a powerful block, usually against a kick.**

X block extended: **The tonfa are again thrust down, but ex- tended to give the block more distance.**

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Middle block: **The tonfa is snapped across the chest to protect the middle of the body.**

Middle block extended: **The tonfa is snapped across the chest and extended for more blocking distance.**

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High Block: **The arm I snapped up with the tonfa directly in front of the head to protect it.**

High Block Extended: **The arm is snapped up in front of the head, and the tonfa is extended for more blocking distance.**

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High X block: Both tonfa are snapped up and crossed in front of the head.

High X block extended: Both tonfa are snapped up, crossed, and extended in front of the head.

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Up and down block (basic tonfa defensive position): One tonfa is used to protect the side of the body, and the other the head (front and side views).

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Cat stance block: The front leg is bent slightly and extended for balance; the tonfa are held close to the body. This is a basic tonfa defensive stance.

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Kicking Block: the tonfa is extended down the leg for protection and striking.

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STRIKING AREAS AND POSITIONS

Back breaker: The end of the tonfa is smashed directly into the lower spine.

Face smash: The tonfa is smashed directly into the face, using the forearm.

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Teeth Smash: the tonfa id driven into the teeth.

Jaw Breaker: the tonfa is flipped into the jaw to break it. Use power and speed.

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Temple smash: The handle of the tonfa is smashed into the temple.

Head cracker: The end of the tonfa is smashed down on the top of the skull.

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Throat smash: The handle of the tonfa is smashed into the Adam's apple.

Hole maker: The handle of the tonfa is smashed into the head, making a hole.

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Knee smash.- The tonfa is flipped with speed and power into the kneecap area.

Groin Smash: The tonfa is flipped with speed and power into the groin.

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Pelvis crusher: The handle of the tonfa is smashed into the groin and pulled up.

Rib Breaker: The tonfa is flipped with speed and power into the ribs.

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Solar Plexus: smash the tip of the tonfa into the solar plexus.

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Throat crusher: The end of the tonfa is smashed into the lower throat.

Neck breaker: The tonfa is smashed with speed and power into the lower neck.

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Double Face Smash: The tonfa is flipped into both side of the face.

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CHOKES:

The Tonfa is very effective as a choking weapons. It is fast and powerful and hard to escape from, as these chokes illustrate. We will assume you already have disabled or surprised the attackers so that you can begin these chokes as shown

X Choke: Slip the tonfa in front of the attacker's neck with your forearm on the back of his neck. Reach over with the other hand, forming an X in the back, and pull back to choke him out.

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Back choke: **Lay the tonfa in front of the attacker's throat, with your hand gripping the end; the handle is used to keep the tonfa next to the neck. Reach up with your other arm and, keeping your back hand next to his head, pull hard to choke him.**

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Forearm choke: Place the tonfa under the attacker's throat and pull his head down (usually by the hair). Keep his head under your armpit area for support, reach down with the other hand and pull up, choking him.

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Arm choke: Place the tonfa over the attacker's shoulder, then up and under his armpit. Now reach down, grab the end of the tonfa and pull up, keeping his body next to yours for support.

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DEFENSE TECHNIQUES

Defense 1: Face the attacker in a modified cat stance. As he punches out with his left fist, let the tonfa slip in your grip and strike him in the elbow area with its top.

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This will allow you to curl his arm backward; then reach over and lock his arm with your free hand. The arm can easily be broken in this position.

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Defense 2: Face the attacker in the modified cat stance. Block his right punch with a rising block of your left tonfa.

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Now smash the tonfa directly into his solar plexus and the other tonfa into the back of his head.

You can finish him with an upward smash of your right tonfa

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Defense 3: Block the attacker's left jab with your right tonfa. If he counters with a right, block it quickly with your left tonfa.

Before he can recover, smash both of your tonfa directly into the sides of his head.

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Finish him with a knee to the jaw.

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Defense 4: Block the attacker's left with a rising block of your left tonfa.

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Now come around with a hard smash directly into his kidneys with your right tonfa. Follow with a foot seep knocking him to the ground, where you can finish him with a face smash.

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Defense 5: Block the attacker's right thrust with a sweeping grabbing block of your right tonfa (see close-up).

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You now have control of his arm; pull him toward you with your right hand, and smash your left tonfa into his temple area. -Finish with a hard flipping smash of the right tonfa into his face.

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Defense 6: Block his front snap with an x block and flip the right tonfa under his leg to hold it allowing you to throw him to the ground where you can finish him with a neck smash.

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Defense 7: The attacker tries a roundhouse kick, which you block with an augmented middle block, using both tonfa. Now lock your left tonfa over his leg, and your right one under his leg. Step in for a leg sweep of his other leg, throwing him to the ground. Finish with a smash to the face.

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5. The Tonfa against other weapons

The tonfa, because of its versatility and power can be used very effectively against weapons such as the nunchaku, knife and bo. The hard wood is most effective for stopping the power of the nunchaku or the blade of a knife, and the handle gives distance and power to effect a deadly countermove.

BASIC TONFA BLOCKS AGAINST THE NUNCHAKU

People who have never used the tonfa to block the nunchaku might assume that the nunchaku would break your arm, even though the tonfa is blocking. Quite the opposite is often true-the tonfa usually breaks the nunchaku. You will never be hurt if you always let the nunchaku hit only the wood of the tonfa, and not the skin or bones of your body.

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High X block

Side middle block

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Outer extended block

Down extended block

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Double block

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Handle block and catch (up and down)

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Nunchaku defense 1: Face the attacker in the modified cat stance. As he swings the nunchaku down toward the top of your head, stop it with a rising high block.

Before he can react, counter with a smash of your right tonfa into his face and a snap kick to his groin.

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Nunchaku defense 2: Block a smash of the left nunchaku with a rising block of the right tonfa, and block a counter with the right nunchaku with a rising block of the left tonfa.

Step in and finish the attacker with a smash of the right tonfa to the face.

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THE TONFA AGAINST THE KNIFE

The tonfa is very effective against the knife. The hard wood is used to stop the blade attack, and the handle allows for power and distance in your counterattacks. Here are some typical blocks of the tonfa against the knife.

Overhead block 1: rise a rising block with the tonfa down the forearm.

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Overhead block 2: Use an extended rising block. This gives greater distance from the attack, but is more dangerous.

Overhead block 3: Use both tonfa in a rising X block.

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Middle slashing block 1: Use the tonfa in the extended middle blocking position to give more distance from the attack.

Middle slashing block 2: Use an extended tonfa against the blade of the knife. This block requires more skill, but usually knocks the knife from the attacker's hand.

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X middle block: Both tonfa are crossed in front of the body and onto the arm of the knife wielding hand. A very effective and powerful block.

Inside block: The knife hand is smashed with an extended tonfa strike.

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Augmented side block: To stop a vicious thrust or slashing attack.

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Down groin block: **Use an extended tonfa against the blade of the knife.**

Double groin block: **Use both tonfa against the wrist of the knife hand.**

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THE TONFA AGAINST THE BO

The tonfa is very effective against the bo. The hard wood can absorb most of the shock of the strikes; a powerful and effective counterstrike can then be made.

Bo defense 1: Face the attacker in the modified cat stance. The attacker swings the bo for a hard middle smash, which you block with the left tonfa; then counter with a side kick into the ribs to finish him.

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Bo defense 2: If the attacker tries a middle smash, counter with a left middle block to stop it. Step in for a leg sweep.

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If he reacts with an overhead strike, counter with a high flat block with your left tonfa, then execute the foot sweep, knocking him to the ground. Finish him with a head smash with the left tonfa.

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Bo defense 3: If the attacker tries an overhead smash, counter with a rising X block using both tonfa.

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Control his stick with the crossed tonfa and pull the stick down in front of your body; smash the left tonfa hard into his face, then come up with the right tonfa to finish.

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UNARMED AGAINST THE TONFA

If you practice and are fast and powerful, you can defend yourself against a tonfa attack. Face the attacker in the modified cat stance. If he strikes at your head with his left tonfa, quickly stop the strike with a hard rising block of your right hand.

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Now counter with a viscous left to the jaw and a hard right to the ribs for the finish.

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Unarmed defense 2: If the attacker strikes with a right smash, block it with a hard rising block of your left arm.

He counters with a hard left strike, which you block with a hard rising right block. Then counter with a snap kick in- to his groin to finish.

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Unarmed defense 3: The attacker makes a right thrust, you block with a left middle block

Grab his punching arm, and pull him down in front of your face; finish with a knee to his jaw.

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Unarmed defense 5: The attacker strikes with the right tonfa, which you meet with a left rising block. As you block, grab and press his arm down to his side.

Step on the back of his knee, forcing him to the ground, where you take the tonfa from his hand and smash his head with it.

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Unarmed defense 6: The attacker makes a hard left flip which you block with-a hook-crescent kick of your left foot, knocking his arm down in front of him.

Then before he can move, snap a hard side kick into his jaw, thereby stopping him.

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Unarmed defense 7: The attacker strikes with a left. Step in and block, then lean back, grabbing his tonfa. Smash a sidekick into his ribs to finish.

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THE TONFA IN THE STREET

The tonfa is deadly in the street, and might be illegal in your state. Be sure to check before you carry one in your car. The tonfa cannot easily be concealed on the body, but it can be hidden under a car seat.

Attack 1: You are getting out of your car when you see a man coming to attack you. Reach in for your tonfa, and block his right to your head with a rising block of your left tonfa.

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Counter with a hard smash of the right tonfa into his face, then a crushing smash into his solar plexus with your left tonfa, knocking him to the ground.

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Attack 2: You are attacked by a man who tries to kick you in the groin. Block down with your left tonfa onto his shin. He counters with a right to your face, which you block with your left tonfa. Counter with a hard right smash to his face.

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Attack 3: You are attacked by a man with a knife who tries to stab you. Block his knife hand with a hard rising X block in front of your head. Then counter with a hard snap kick to his groin, keeping the tonfa on the knife hand for control.

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Attack 4: You are attacked with a slashing knife, which you block in a modified cat stance with a rising middle block of your left tonfa.

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Counter with a hard smash into the attacker's face with your right tonfa, then come up with a snap kick to his groin. To finish, sweep him to the ground.

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Attack 5: two men attack you, one with a crowbar and the other with a knife. Block the crowbar attack to your head with a rising extended block of the left tonfa.

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Attack 6: You are attacked by a man with a knife and a man with a crowbar. Block the knife attack with an extended down block of your left tonfa. Then block the crowbar attack with an extended block of your right tonfa.

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Counter the crowbar man with a vicious side kick, sending him to the wall, and come down on the knife man's face with a hard smash of your right tonfa.

Quickly follow up with a back kick to his stomach to finish.

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Attack 7: You are attacked by a man with a bo (or long stick). He strikes at you with a hard overhead strike, which you block with a rising extended block with your right tonfa. He counters with a hard left toward your midsection; block it with a low extended block of your left tonfa.

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Quickly come up and smash your right tonfa into the back of his head. Finish him with a roundhouse kick to the stomach and then a face kick.

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Attack 8: One man comes at you with a knife; another comes from behind to grab you. Counter the knife attack with an extended lower block of your right tonfa, then smash an elbow to the solar plexus of the man in back.

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Attack 9: Two men come at you, one with a club, the other with a knife. Block the club with a rising extended X block, then come quickly down to block the second maws kick with your left tonfa.

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Come up with a kick to the side of -the man with the club, and then finish with a hard right to the second man's face.

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TONFA KATA

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