

Hill's Martial Arts, LLC

Tonfa Applications

Application #1

- 1 Attacker – bo staff
- 2 Standard position tonfa

- 1 Attacker – steps with right – strikes at leg
- 2 App. - Downward low block – reverse position – low block
- 2 Right strike head
- 3 App. - Left high block
- 4 Left strike head attack
- 5 Right high block – app – right hook head – right sweep take down – strikes chest

Application #2

- 1 Attacker escrima stick
- 2 Single tonfa

- 1 Attacker – step right leg - strike head
- 2 App.- Single tonfa right hand – left leg forward – right high block
- 3 Attacker – circles under to leg
- 4 App. – upward strike – circle wrist – disarm attacker stick – step behind – tonfa neck choke

Application #3

- 1 Attacker knife
- 2 Single tonfa

- 1 Attacker – right leg steps – thrust to stomach
- 2 App. – step right leg – inward strike to hand – releases knife
- 3 Attacker – grabs right wrist with right hand
- 4 App. – Clock wise roll into shoulder lock – left leg sweep attacker right leg – release shoulder lock – spin to hatchet – grab hook the neck – knee to ribs

Application #4

- 1 Attacker – unarmed
- 2 Standard position – 2 tonfas

- 1 Attacker – left jab
- 2 App. – right hand inward block (outside attackers) arm
- 3 Attacker – step right – spin back fist
- 4 App. – left inward block – downward spin over attacker's arm – shoulder lock – tonfa on knee
- 5 App. – right tonfa punch to stomach – right inward spin to stomach – spin to hatchet grip – hook right side of knee – sweep leg – attacker falls
- 6 Attacker –right side kick to stomach
- 7 App. – right hand in hatchet and left hand in reverse grip – hook ankle left – right hatchet knee to torque body over

Application #5

- 1 Attacker – ball bat
- 2 App. – single or double tonfa

- 1 Attacker – step right leg – baseball swing to head
- 2 App. – Step back left leg – right forearm block – circle to trap attackers right arm – golgi tendon strike with left hand (or tonfa) – left hand (or tonfa) into attackers neck – right tonfa jab to ribs – right knee – flip tonfa into reverse grip – front of knee – pull attacker down – downward strike