

Hill's Martial Arts, LLC

Tonfa Flow Drills

Positions:

1. Standard
2. Reverse
3. Hatchet

Single Flow Drill

1. Inward spin
2. Outward spin
3. Downward spin
4. Upward spin
5. Figure eight
6. Inward strike with step
7. Back stand – outward strike
8. Jab
9. Upward cross
10. Downward cross

Double Flow Drill

1. Left twist jab
2. Right inner forearm block – flipping back fist strike – figure eight
1. Right high block – left downward spin
2. Left high block

2. Right downward spin

1. Right high block