

Tonfa Flow Drills

Position 1. – Standard

Position 2. – Reverse

Position 3. – Hatchet

Single Flow Drill

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

Double Flow Drill

1. Right to Right standard grip.
2. Left to Left standard grip.
3. Right to Right standard grip.
4. Left to Left standard grip.
5. Low Right to Right reverse grip.
6. High Left to Left reverse grip.
7. High Right to Right reverse grip.
8. Low Left to Left reverse grip.

Second part

1. Left twist jab.
2. Right inner forearm block, flipping backfist strike.
1. Right high block, Left downward strike.
2. Left high block, Right downward strike.
1. Right high block.