

# Tonfa Applications

## Application #1

1. Attacker – Bo Staff
  2. Standard position Tonfa
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1. Attacker step with right strikes with right leg.
  2. App – Downward low block reverse position low block.
  3. Attacker right strike to head.
  4. App – Left high block.
  5. Attacker left strike head attack.
  6. App – Right high block, right hook head, right sweep take down and strike chest.

## Application #2

1. Attacker Escrima Stick
  2. Single Tonfa
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1. Attacker step right leg head strike.
  2. App - Left leg forward, right high block.
  3. Attacker circles under to strike leg.
  4. App – upward strike, circle to wrist, disarm attackers stick, step behind do tonfa neck choke.

## Application #3

1. Attacker knife
  2. Single Tonfa
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1. Attacker right leg steps, thrust to stomach.
  2. App – step right leg inward strike to wrist releases knife.
  3. Attacker grabs right wrist with right hand.
  4. App – trap their hand, clockwise roll tonfa around arm into shoulder lock, left leg sweeps attackers right leg, release shoulder lock, spin to hatchet grip, hook the neck and knee to ribs.

## Application #4

1. Attacker unarmed
  2. Standard position both Tonfa
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1. Attacker left jab.
  2. App – right hand inward block.
  3. Attacker step right spin backfist.
  4. App – left inward block, downward spin open tonfa over attackers arm, shoulder lock, slide tonfa into neck.
  5. App – right tonfa punch to stomach, right inward spin hit to stomach, spin to hatchet grip hook inside right knee, sweep leg-attacker falls.
  6. Attacker right sidekick to stomach.
  7. App – (right hand hatchet) (left reverse grip) hook ankle with left, right hatchet hook knee, torque body over.

## Application #5

1. Attacker with ball bat.
  2. App – single or double tonfa.
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1. Attacker step with right leg, right handed swing at head.
  2. App – step back with left leg, right forearm block and circle around outside of attackers wrist trapping it, golji tendon strike with left hand (or tonfa), left hand (or tonfa) into attackers neck, right tonfa jab ribs, right knee, flip into reverse grip hook front of knee, pull attacker down, downward strike.