

TONFA

Kata

KEY: (c)=closed, (o)=open

YOI:

Hold two tonfas in left hand at left side of body.

Circle tonfas to your navel and separate tonfas into two-hand down block (c), separating feet as well.

Bring tonfas above head (o) (palm faces up).

Employ a two-hand overhead strike (o) above your head. Swing tonfas back to the closed position.

Two-hand down block (c).

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Step forward with left foot (front stance) left hand punch (c), down block (c), upward block (c).

Step forward with right foot (front stance) right hand punch (c), down block (c), upward block (c).

### SEQUENCE (right hand)

1. Shuto strike (o) to side of head, then Overhead strike (o) top of head
2. Down block (c), inside block (c) (with palm facing out)
3. Step forward and punch (c) (with left hand)

### SEQUENCE (left hand)

1. Shuto strike (o) to side of head (while rt hand blocks), then Overhead strike (o) top of head
2. Down block (c), inside block (c) (with palm facing out)
3. Step forward and punch (c) (with right hand)

Cross tonfas by chest, turn right, and two-hand inside block (c). (right foot forward in front stance)

Stomp, two hand punch (c).

Two-hand overhead downward strike (o), then swing tonfas back.

Cross tonfas in front of chest, then left hand down block (c) while right hand upward block (c).

Cross tonfas in front of chest, then right hand down block (c) while left hand upward block. (c)

Front kick (right foot).

Two-hand punch (c).

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Block in Mountain Stance (left hand high)

Block in Mountain Stance (right hand high)

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3/4-Spin facing front, upward block (left) (c), front kick (right).

Punch (right) (c), punch (left) (c) - (right foot forward in front stance)

### **DIAGONAL SEQUENCE**

1. Cross tonfas & two-hand inside block (c) (left foot forward in cat stance)
2. Step forward and punch (right) (c)
3. Step forward and punch (left) (c)
4. Open punch (left) (o)
5. Down block (left) (c), inside block (left) (c) (left foot still forward in front stance)
6. Step forward and punch (right) (c), punch (left) (c)

### **REVERSE DIAGONAL SEQUENCE**

Turn around, upward block (left) (c) while front kick (left)  
upward block (right) (c) while front kick (right)

1. Cross tonfas & two-hand inside block (c) (right foot forward in cat stance)
2. Step forward and punch (left) (c)
3. Step forward and punch (right) (c)
4. Open punch (right) (o)
5. Down block (c), inside block (c) (right foot still forward in front stance)
6. Step forward and punch (left) (c), punch (right) (c)

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Side kick to your right with right leg.

FOUR-CIRCLE STRIKE: Right shuto, Left reverse shuto, Right overhead strike, Left overhead strike.

Leg Lift Block (right) (o) while raising right leg, turn 180°

Leg Lift Block (left) (o) while raising left leg.

Down block (c) (left) (diagonal horse stance). Upward block (c) (left) (left front stance)
step back, Down block (c) (right) (diagonal horse stance). Upward block (c) (rt) (right front stance)

Step forward and uppercut (c), striking under the chin (right) (right foot is forward in walking stance)

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Step back to **YAME**

### **YAME:**

Two-hand down block (bringing feet parallel as in Junbi).

Bring tonfas above head (palm faces up). Employ a two-hand overhead strike. Swing tonfas back.

Two-hand down block.

Moving right foot, bring feet together (as in Yoi)

and bring two tonfas to left hand and place back to left side of body.