

Hamahiga no Tonfa

1. Begin with both tonfa in left hand
2. Bow
3. Set (bringing left foot out)
 - a. Hand in sanchin
 - b. Double down block
4. Right leg up
 - a. Chamber hand to left rear side
5. Step right leg forward zenkustu dachi
 - a. double low cross block (left hand on top)
6. Step back (feet even) right zenkutsu
 - a. Kamae right hand high, left hand low
7. Shift (feet still even) to left zenkutsu
 - a. Kamae left hand low, right hand high
8. Step right forward high stance
 - a. Right-left, then right punch
 - b. Right figure 8 and overhead flails
 - c. Right punch
9. Step left forward high stance
 - a. left punch
 - b. Left figure 8 and overhead flails
 - c. Left punch
10. Step right knee up
 - a. Double inward block (on left rear side)
11. Right foot forward zenkutsu
 - a. Double low cross block (left hand on top)
 - b. Arms out (tonfa against arms) and pause
 - c. Double inward flail
 - d. Double overhead and return
12. Turn left 45 degrees in shiko dachi
 - a. Left upward block
13. Slide forward in shiko dachi
 - a. Right punch shifting into zenkutsu dachi
14. Turn right 45 degrees in shiko dachi
 - a. Right upward block
15. Slide forward in shiko dachi
 - a. Left punch shifting into zenkutsu dachi
16. Step left forward to front high stance
 - a. Left upward block,
 - b. Right-left then right punch
 - c. Figure 8 flail
 - d. Pivot on left foot
 - e. Turn right 180 right forward zenkutsu dachi as flailing
 - f. downward flail kiai
17. Shift to high stance

- a. Right figure 8, overhead and side flails
- b. Right punch
- 18. Turn left 45 degrees in shiko dachi
 - a. Chamber hands to the right rear side
- 19. Slide forward shift to zenkutsu dachi
 - a. Double low cross block (right hand on top)
- 20. Turn right 45 degrees in shiko dachi
 - a. Chamber hands to the left rear side
- 21. Slide forward to zenkustu dachi
 - a. Double low cross block (left hand on top)
- 22. Step left forward high stance facing rear
 - a. Left upward block right-left, then right punch
- 23. Pivot 180 degree on left front foot to the right, stepping back with the right ending up left foot forward facing front in shiko dachi
 - a. Chamber hands to right rear side
- 24. Shift to zenkutsu dachi
 - a. Double low cross block (left hand on top)
- 25. Step left back (feet even) to left zenkutsu
 - a. Kamae left hand low right hand high
 - b. Right figure 8 flail and hold
 - c. Lift leg downward flail
 - d. Side flail in shiko dachi
 - e. Right drop stance left punch
- 26. Shift to right zenkutsu (feet still even)
 - a. Kamae right hand high, left hand low
 - b. Left flails figure 8 flail and hold
 - c. Lift leg, downward flail
 - d. Side flail in shiko dachi
 - e. Left punch drop stance right punch
- 27. Step right forward high stance
 - a. Right punch
 - b. Slide forward left then right punch
 - c. Right figure 8, overhead and side to side fails
 - d. Left punch then right punch
- 28. Step left forward high stance
 - a. Left punch
 - b. Left figure 8, overhead and side to side fails
 - c. Right punch then left punch
- 29. Lift right leg up
 - a. Chamber hands to left rear side
- 30. Step right leg forward zenkutsu
 - a. Double low down downward block (left hand on top)
 - b. Hold tonfa out to sides
 - c. Double inward smash
- 31. Slide back cat stance
 - a. Return tonfa to arms

32. Slide forward high stance
 - a. Double overhead
33. Step forwards
 - a. Right turn to rear (right forward) in kokustu dachi
 - b. Kamae right hand low, left hand high
34. Step left forward left kokutsu dachi
 - a. Kamei left hand low right high
35. Step right forward
 - a. Right punch
36. Slide forward
 - a. Left, then right punch
 - b. Right figure 8, overhead then side to side flails
 - c. Left then right punch
37. Step forward right turn to front in kokustu dachi (right foot forward)
 - a. Kamae right hand low, left hand high
38. Step back (left foot forward)
 - a. Chamber hand to right rear side
 - b. Double low cross block (right hand on top)
39. Step back (feet even) left zenkutsu dachi
 - a. Kamae left hand high, right hand low
 - b. Right figure, overhead then side to side flails (staying in zenkutsu dachi)
 - c. Left then right punch, left punch kiai
40. Step back right leg
 - a. Chamber hand to left side
41. Step right forward
 - a. Double low cross block (left hand on top) kiai
42. Step back to heko dachi
 - a. Hand in sanchin
 - b. Double downward blocks
 - c. return hand to sanchin
43. Bring left foot to right
 - a. Bring both tonfa on left side
44. Bow