

MATAYOSHI NO TONFA NI

- 1 start in fudo dachi, a tonfa in each hand...OREI...
- 2-3 next step the rt. ft. to heigi dachi and execute a morote chudan uke and then execute a morote gedan uke
- 4 next step the rt. ft. back into a hidari zenkutsu dachi and execute a hidari jodan uke
- 5 next step the rt. ft. forward into a migi zenkutsu dachi and execute a migi chudan tate zuke
- 6 next, move the rt. hadn to the left shoulder spining the tonfa open, then move the rt. hand forward to in front of the rt. shoulder and spin the long extended end down to the outside, rotate the hand 180° CCW (palm down) and spin the long extended end back up and over bringing the rt. hand down along the rt. side and executing a gedan uke (tonfa open) and then returning to a chudan tate position
- 7 next step the left ft. forward into a hidari zenkutsu dachi and execute a hidari chudan tate zuke
- 8 next repeat step 6, but on the left side
- 9 next step the rt. ft. forward into a migi zenkutsu dachi and execute a migi chudan tate zuke
- 10 next repeat step 6
- 11 next step the left ft. forward into a hidari zenkutsu dachi and execute a hidari chudan tate zuke
- 12 next repeat step 6, but on the left side
- 13-14 next execute a migi and then a hidari chudan tate zuke
- 15 next draw the left ft. back about 6" and execute a morote jodan tettui uke (hands end like in leopard 1)
- 16-17 next move the left ft. forward 6" and execute a morote chudan uchi (tonfa open, arms completly cross the body) and execute a morote chudan soto uchi (tonfa open, arms end; rt. to dir. 3 and the left to dir. 7)
- 18 next execute a morote chudan tettui uchi (shafts strike each other in front of the solar plexes, palms up, tonfa open)
- 19 next step teh rt. ft. forward into a migi zenkutsu dachi and execute a morote chudan soto uchi (same a in step 18, but with the tonfa closed)
- 20 next pivot 90° CCW into a hidari zenkutsu dachi (dir. 7) and exeucte a hidari jodan uke
- 21 next step the rt. ft. forward into a migi zenkutus dachi and exeucte a migi and then a hidari chudan tate zuke
- 22 next lift the rt. ft. into a haku tsuru dachi and pivot 45° CCW and execute a migi gedan uke (starts at the jodan level, open, and moves forward and down)

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- 25 next pivot 45° CW and step the rt. ft. down into a migi zenkutsu dahci (dir. 7) and execute a hidari and then a migi chudan tate zuke
- 26 next step the rt. ft. across and in front of the left ft. and pivot 180° CCW into a hidari zenkutsu dachi (dir. 3) and execute a hidari jodan uke
- 28 next step the rt. ft. forward into a migi zenkutsu dahci and execute a migi and then a hidari chudan tate zuke
- 29 next repeat step 23, but on the left side
- 31 next pivot 45° CCW and set the left ft. down into a hidari zenkutsu dachi (dir. 3) and execute a migi and then a hidari chudan tate zuke
- 32 next step the rt. ft. back behind the left and pivot 90° CW into a migi zenkutsu dachi (dir. 5) and execute a migi jodan uke
- 34 next step the left ft. forward into a hidari zenkutsu dachi and execute a hidari and then a migi chudan tate zuke
- 35 next execute step 6, but on the left side
- 37 next step the rt. ft. forward into a migi zenkutsu dachi and execute a migi and then a hidari chudan tate zuke
- 38 next execute step 6
- 40 next execute a hidari and then a migi chudan tate zuke
- 41 next step the rt. ft. across and in front of the left ft. and pivot 180° CCW into a hidari zenkutsu dachi (dir. 1) and execute a hidari jodan uke
- 42 next step the rt. ft. forward into a migi zenkutsu dachi and execute a migi and then a hidari chudan tate zuke
- 43 next pivot 45° CCW and step the left ft. forward into a hidari zenkutsu dachi (dir. 8) and execute a hidari jodan uke
- 45 next step the rt. ft. forward into a migi zenkutsu dachi and execute a migi and then a hidari chudan tate zuke
- 46 next step the rt. ft. back behind the left and pivot 135° CW into an on line migi zenkutsu dahci (body facing dir. 3) and execute simultaneous migi jodan uke and a hidari gedan uke
- 48 next pivot 135° CCW and step the rt. ft. forward into a migi zenkutsu dahci (dir. 8) and execute a migi and then a hidari chudan tate zuke
- 49 next pivot the left ft. 360° CW into a hidari zenkutsu dachi (dir. 4) and a hidari gedan uke
- 51 next step the rt. ft. forward into a migi zenkutsu dachi and execute a migi and then a hidari chudan tate zuke
- 52 next step the rt. ft. back behind the left ft. and pivot 135° CW into an on line migi zenkutsu dachi (body facing dir. 7) and execute simultaneous migi jodan uke and a hidari gedan uke
- 53 next pivot 135° CCW and step the rt. ft. forward into a migi zenkutsu dachi (dir. 4) and execute a migi and then a hidari chudan tate zuke

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t pivot the left ft. 270° CW into a hidari zenkutsu dachi (dir. 6) and
execute a hidari gedan uke
t pivot 90° CW and step the left ft. forward into a hidari zenkutsu dachi
(dir. 8) and execute a hidari jodan uke
t step the rt. ft. forward into a migi zenkutsu dachi and execute a migi
then a hidari chudan Tate Zuke
t shift the rt. ft. to the rt., pivoting 45° CW into a migi zenkutsu dachi
(dir. 1) and execute a migi jodan uke
t step the left ft. forward into a hidari zenkutsu dachi and execute a
hidari and then a migi chudan Tate Zuke
t step the left ft. back into a heigi dachi (dir. 1) and execute a morote
gedan uke and then execute a morote gedan uke
t move the rt. ft. to fudo dachi...OREI...

Yours?

Belt. How

It took me



DOCKERS