



Tonfa Kihon



Begin houding



Rei



Yoi



Kamae



Uchi uke



Soto uke



Gedan uke



Gyaku gedan uke



Ura uchi



Gyaku mawashi uchi



Jodan uchi



Katsugi hikitori



Koshi hikitori



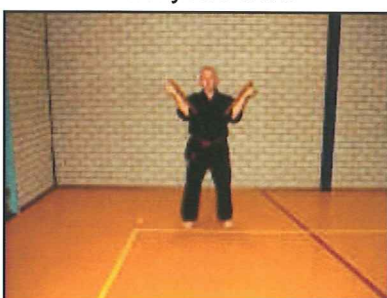
Uchi yoko uchi



Soto yoko uchi / koshi hikitori



Tsuki



Naore



Kamae



Rei