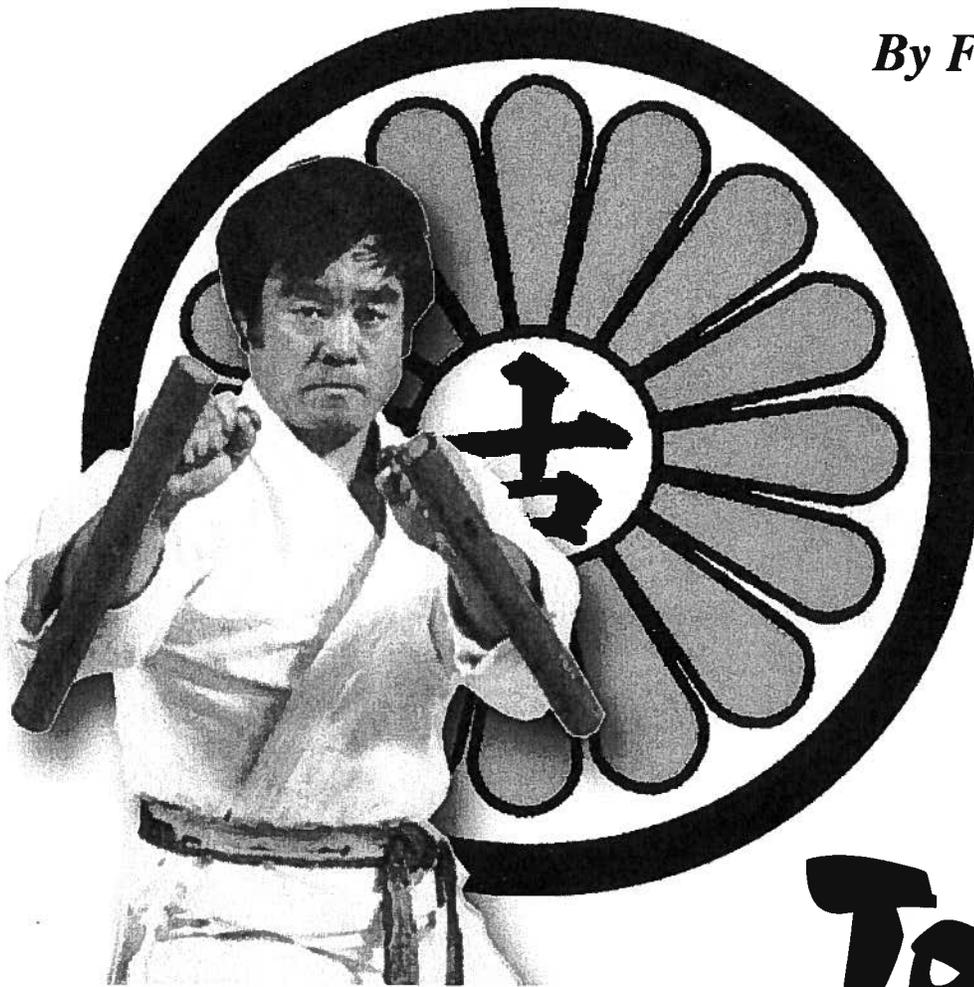


By Fumio Demura

**SHITO - RYU
KARATE - DO
GENBU - KAI**

Series #3



Tonfa

Karate weapon of self-defense

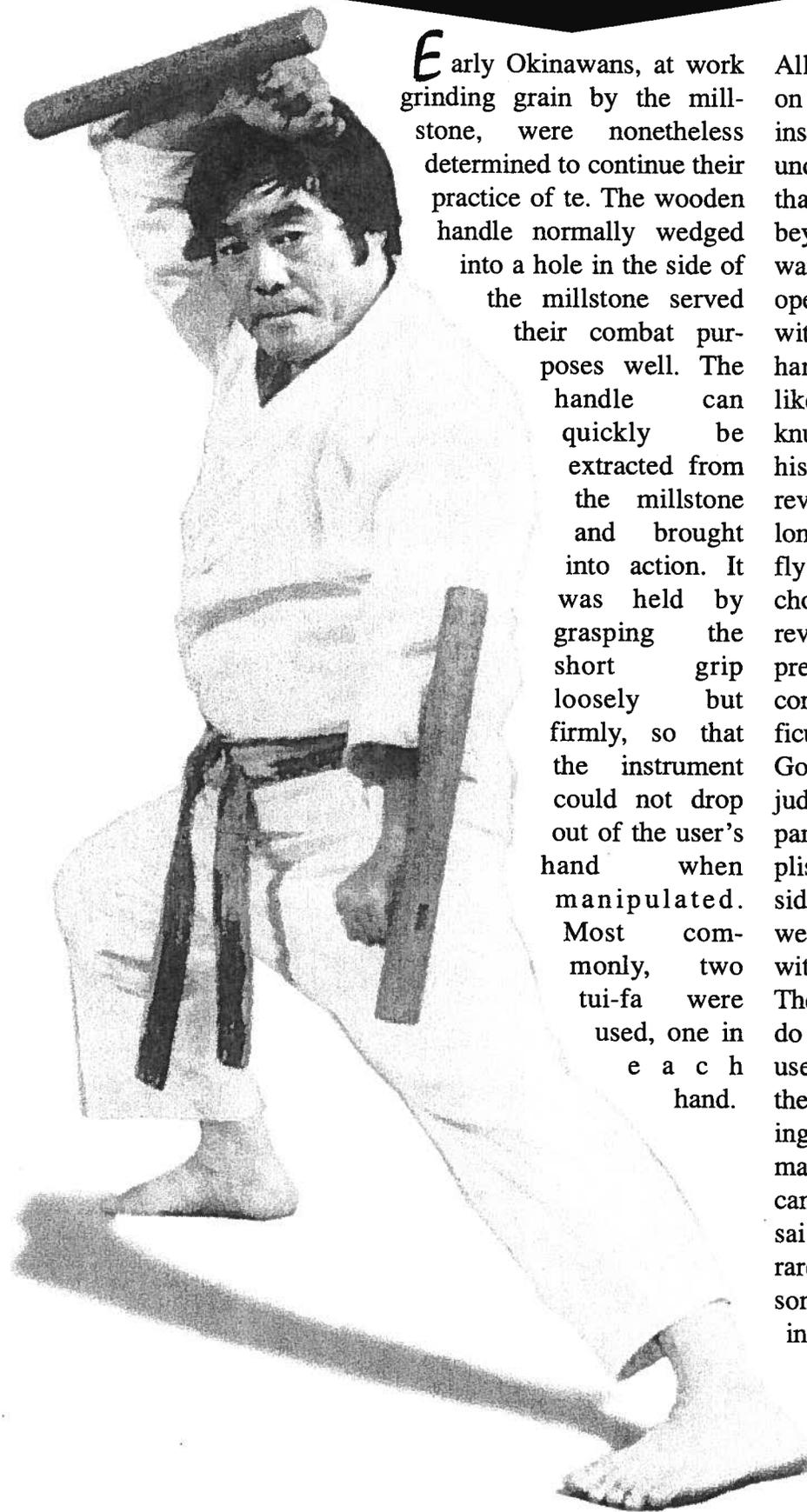
沖縄古武道

トング

沖縄古武道連合会

OKINAWA KOBUDO ALLIANCE

History Of The Tui-fa



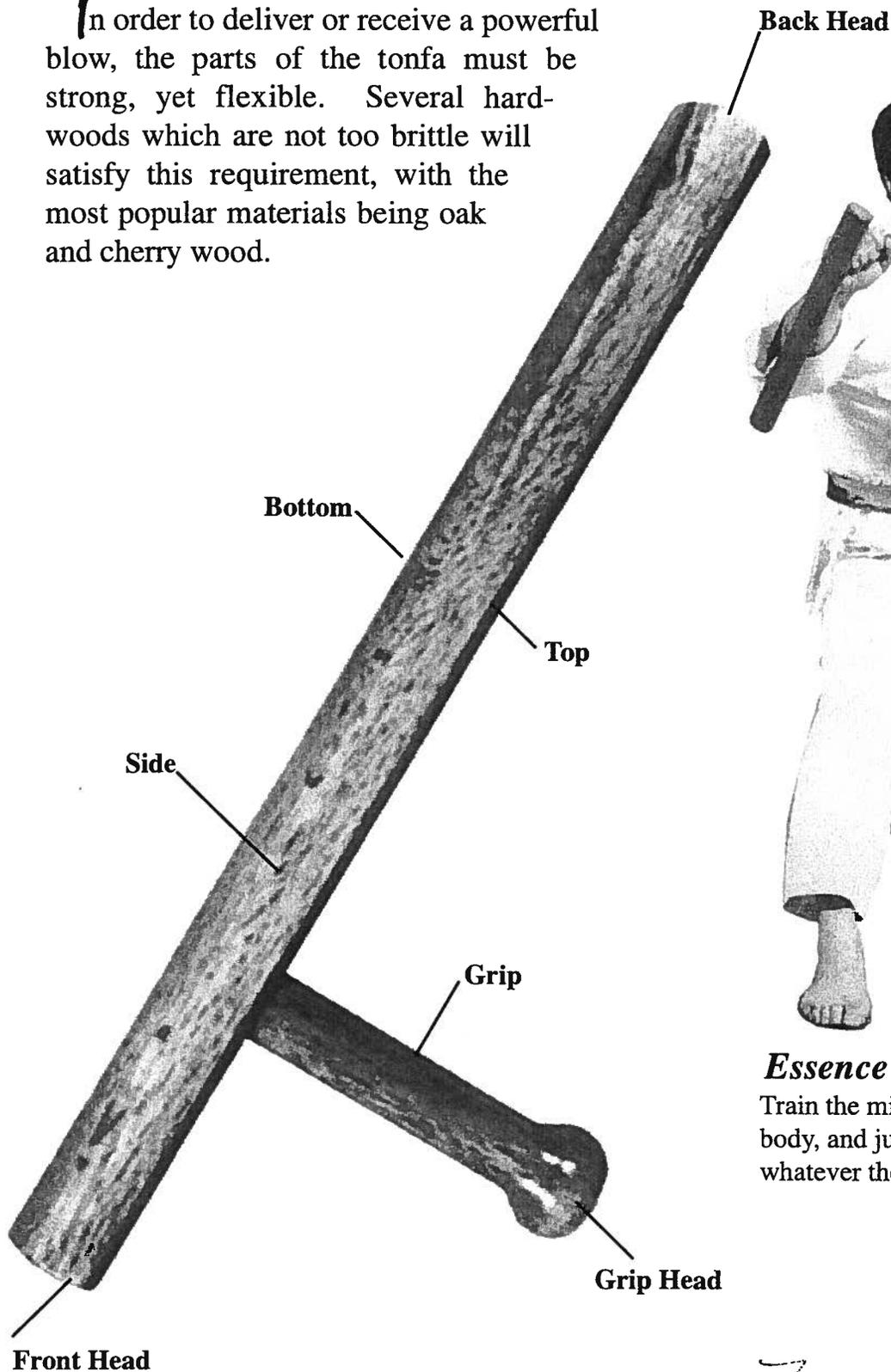
Early Okinawans, at work grinding grain by the millstone, were nonetheless determined to continue their practice of te. The wooden handle normally wedged into a hole in the side of the millstone served their combat purposes well. The handle can quickly be extracted from the millstone and brought into action. It was held by grasping the short grip loosely but firmly, so that the instrument could not drop out of the user's hand when manipulated. Most commonly, two tui-fa were used, one in each hand.

All use of the tui-fa depends on te movements. With the instrument lying along the undersides of the forearms so that the short projection beyond the grip extended forward toward the enemy. The operator could punch or strike with great force, since the hardwood projection acted like an extension of the knuckles. By a quick flick of his arms, the user could reverse the tui-fa so that the longer end of the shaft would fly forward and land on any chosen target. The alternate reversing of one or both tui-fa presented the enemy with a confusing array of actions difficult to counter.

Good tui-fa techniques make judicious use of blocking and parrying actions. To accomplish these tactics, the underside of the long arm of the weapon is brought into contact with the weapon of the enemy. There are a variety of ways to do this. Most common is to use the arm, while grasping the tui-fa, in normal te blocking fashion. This action and many of those involving it, can be likened to those of the sai. Today tui-fa experts are rare on Okinawa, and there is some chance of this art passing from the modern scene.

Anatomy Of The Tonfa

In order to deliver or receive a powerful blow, the parts of the tonfa must be strong, yet flexible. Several hardwoods which are not too brittle will satisfy this requirement, with the most popular materials being oak and cherry wood.



Essence of the Tonfa

Train the mind, spirit and body, and judge accurately whatever the situation may be.