

SEQ



YARA GUAW NO TONFA

SEQUENCE

STEP BK LEFT FOOT

STRIKE BODY INSIDE - END OF TONFA

ROTATE OVER - BODY OF TONFA OUTSIDE

DBL WING

DBL CROSS - BODY STRIKE

DBL THRUST SHUFFLE

RT FT STEPS BK ON LINE - DBL BLK

SHIFT 180°

DBL BLK

LEFT HIGH

RIGHT LOW

RT HIGH
LEFT LOW

RT FT FWD

RIGHT PUNCH - LEFT PUNCH -

RIGHT PUNCH - FIG 8 - END - END OF TONFA FWD

BRING TONFA BK - CROSS BODY STRIKE - PUNCH

REPEAT ON LEFT SIDE

STEP FWD @ RT FT -

SEQUENCE

OPEN TONFAS

RT FT STEPS ACROSS - LONG ZEN - HMMRST BLKS

SHIFTS 180° BLK CIRCLES HMMRST BLKS

STEP BK @ RT FT, LEFT LOW BLK

STEP FWD @ RT FT

SEQUENCE

LEFT TIGER

RT TIGER

SEQUENCE

DROP (SPIN) TONFAS

RT FT - PIVOT LFT - RT CRANE STANCE

HGH BLK RHT HAND

LW BLK LFT

REPEAT ON OTHER SIDE

STEP UP

DBL HAMMER STRIKE IN FUJIO DACHI

LFT FT BK - RHT FT UP - CROSS HEAD BLKS

STEP OUT ^{CEPAN} RHT - OPEN BLKS TO SIDE

STEP ^{CEPAN} LFT - BLK LFT HAND - KNOB OUT

STEP RHT - HIT TO HEAD (KIAL)

RT FT BACK - RHT CRANE STANCE - OPEN BLKS
RT HIGH
LFT LOW

LFT FT BACK - LFT CRANE STANCE "

STEP FWD RHT FT - DBL HMR STRIKE - FUJIO DACHI

STEP BK ^{CEPAN} LFT

STEP BK ^{CEPAN} ~~LEFT~~ RIGHT

- " " " LEFT

REPEAT PREVIOUS SEQUENCE

SHUFFLE, BLK WEAPON, STRIKE TO HEAD (KIAL)

BK ^{CEPAN} RT FT IN MOD. STRADALE STANCE { LFT LOW } BLK
RHT HIGH

STEP BACK

WE BE DONE