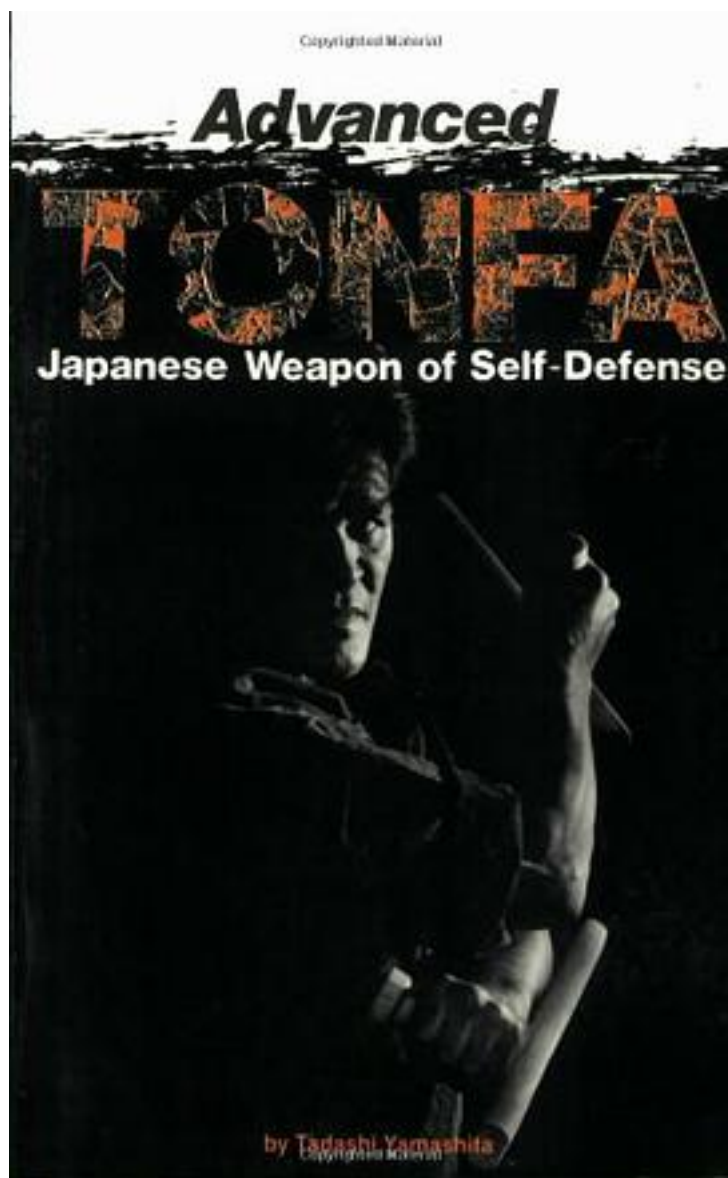


Advanced Tonfa



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In this definitive book on the advanced techniques of the tonfa, weapons expert Tadashi Yamashita covers gripping, flipping, blocking, striking, block and counter, a karate kata adapted for tonfa, kumite, self-defence, and a traditional tonfa kata.

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