

Martial Arts Weapons: Tonfa

The Tonfa is length of hardwood from 15 to 20 inches long with a handle attached about 6 inches back from one end. The Tonfa is held in the hand with the length lying along the underarm. Originally a farm implement, used as a handle to turn the millstone, it was adapted for use as defense against the sword. Many police departments around the world now carry the Tonfa.

When choosing a Tonfa, holding the handle, the length should just reach past your elbow. The Tonfa is an excellent weapon for both defensive and offensive techniques, as it provides protection for the arms against striking weapons, and at the same time this weapon can be used or striking, with both the shorter and the longer end.

