



# **B.K.M.A.S**

## **Cha-ru (Tonfa)**

### **Training Guide**

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## BKMAS Cha-ru (Tonfa) – Training Guide

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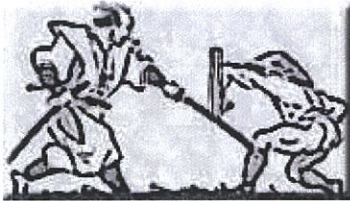
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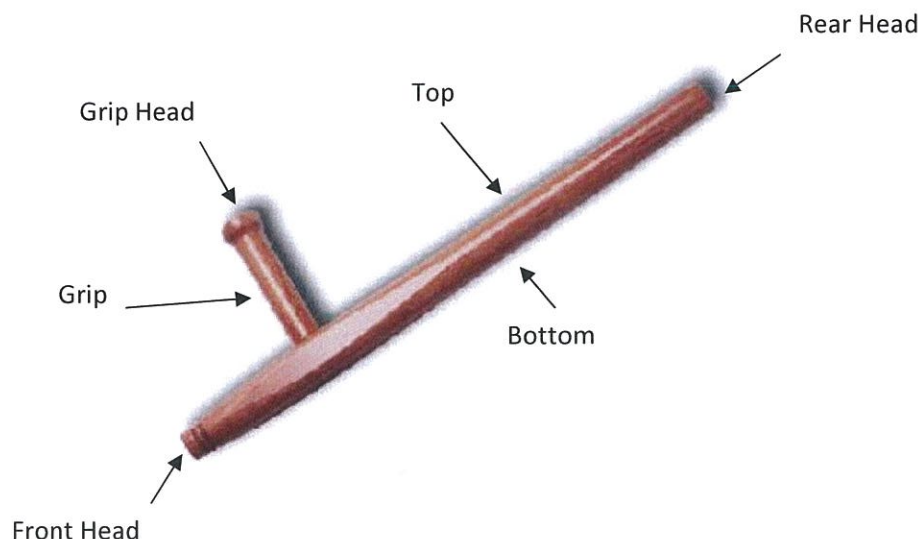
## Cha-ru Origins

The ownership of weapons was prohibited on the Okinawan Islands by the Japanese invaders. And so an exploration of self-defence techniques with new hidden weapons for self-defense began. The Cha-ru is a martial arts fighting stick from the kobudo discipline which is the Okinawan art of fighting with weapons made or taken from everyday objects. Because the poor people of Okinawa were forbidden to own or carry weapons like swords, but they were also often attacked by others who did have such weapons.



The Cha-ru was originally a wooden handle that fit into a hole on the side of a millstone used to grind rice and other grains, dating back to 15th century Okinawa. The handle, which was easily disengaged from the millstone, became a very effective weapon of defense. Although data that conflicts with this is that the weapons origins can clearly be traced back to China and be found in Indonesia and surrounding locations.

## Cha-ru Anatomy





## Holding the Cha-ru

### Normal Grip (Closed):

Cha-ru is held by the grip with the little finger against the top.

The front head of the Cha-ru should be closest to the fist with the rear head just behind the elbow. This is the most common way of holding the Cha-ru.

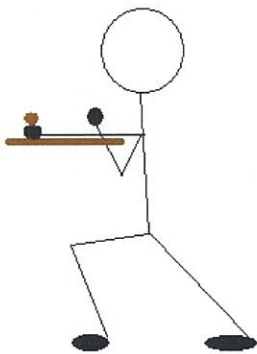
### Normal Grip (Open):

Cha-ru is held by the grip with the little finger against the top.

The rear head of the Cha-ru should be sticking out from the hand with the front head at the wrist

### Reverse Grip:

Cha-ru is held by the main body of the weapon about 3-4 inches from the rear head. The grip head can now be used as a pommel.



*Normal Grip (Closed)*



*Normal Grip (Open)*



*Reverse Grip*



## Basic Techniques

### Normal Grip (Closed) Techniques

Low block  
Reverse low block  
High block  
Outside to inside block  
Inside to outside block  
Double forearm block  
Pressing block  
Arm trapping/breaking block  
Front straight strike  
Double straight strike  
Double U strike  
Uppercut strike  
Hammer strike  
Round elbow strike  
Upward elbow strike  
Rear elbow strike  
Downward elbow strike

### Normal Grip (Open) Techniques

Double X block high  
Double X block low  
Diagonal strike  
Reverse diagonal strike  
Downward strike  
Groin strike  
Backhand strike  
Spear strike  
Knife hand strike

### Reverse Grip Techniques

Low block  
Reverse low block  
Flipping  
Temple strike  
Downward strike  
Choking strike  
Neck hook





## Training Drill – “The Basics”

This exercise is performed with one Cha-ru, held in the right hand.

- |                                       |  |
|---------------------------------------|--|
| 1. Normal grip closed                 | 9. Forward downward strike from the shoulder |
| 2. Rear low block to the right        | 10. Flip to reverse grip                     |
| 3. Sweeping low block to the left     | 11. Rear low block to the right              |
| 4. Change to open grip                | 12. Sweeping low block to the left           |
| 5. Forward downward strike            | 13. Flip to the front                        |
| 6. Spinning groin strike              | 14. Right to left temple strike              |
| 7. Right to left angle strike         | 15. Left to right temple strike              |
| 8. Left to right reverse angle strike | 16. Jump forward with a downward strike      |

*Note: “Basics” to be performed on both sides*

## Training Drill – “Blocking - 1”

This is a partner exercise and performed with one Cha-ru.

Both partners face each other in a fighting stance, holding Cha-ru in right hand.

1. Right low block
2. Left rear low block
3. Right inside to outside block
4. Left outside to inside block

*Note: to be performed on both sides*

## Training Drill – “Blocking - 2”

This is a partner exercise and performed with two Cha-ru.

Both partners face each other in a fighting stance.

1. Right hand side inside to outside block
2. Right hand side outside to inside block
3. Left hand side inside to outside block
4. Left hand side outside to inside block



## Defensive Training Etiquette

Both attacker and defender shall start in Choon Bee position  
They shall bow to each other and adopt a fighting stance  
The defender shall indicate when they are ready by ki-hap  
The attacker shall perform the technique with control aiming for the relevant part of the body  
The defender shall ki-hap on the final technique of the sequence  
Both attacker and defender shall return to Choon Bee position

## Defensive Training (Normal Grip)

These defence techniques shall be performed with two Cha-ru against a Bong

1:

Attacker strikes forward with a straight strike  
Defender steps inside and performs an inside to outside block  
Defender performs a front straight strike to the floating rib area

2:

Attacker strikes forward with a straight strike  
Defender steps outside and performs an outside to inside block  
Defender performs an angle strike to the kidney area

3:

Attacker strikes downward  
Defender performs a high block  
Defender steps inside and performs a front straight strike to the solar plexus

4:

Attacker sweeps toward the legs  
Defender steps to the side and performs a low block  
Defender steps inside and performs an uppercut strike under the chin





5:

Attacker sweeps toward the body

Defender steps to the side and performs a double forearm block

Defender steps inside and performs a rear elbow strike to the solar plexus

6:

Attacker sweeps toward the head

Defender steps to the side and performs a high inside to outside block

Defender steps forward, opens the second Cha-ru and performs an angle strike to the neck

## Defensive Training (Reverse Grip)

These defence techniques shall be performed with two Cha-ru against a Bong

1:

Attacker sweeps toward the legs

Defender steps to the side and performs a reverse low block

Defender flips the tonfa over trapping the bong

Defender performs a temple strike

2:

Attacker sweeps toward the legs

Defender steps to the side and performs a reverse low block

Defender flips the tonfa over trapping the bong

Defender performs a choking strike

3:

Attacker strikes forward with a straight strike

Defender steps to the side and performs a reverse centre block

Defender flips the tonfa over trapping the bong

Defender performs a reverse temple strike

4:

Attacker strikes forward with a straight strike

Defender steps to the side and performs a reverse centre block

Defender flips the tonfa over trapping the bong

Defender performs a neck hook dragging the attacker down

Defender performs a downward strike to the neck



## Cha-ru Hyung Il Bu

1. Choon Be (facing North)
2. Step forward, left leg long stance, left low block, right punch
3. Step forward, right leg long stance, right low block, left punch
4. Step up with feet together, double centre sweep, open tonfa to waist
5. Step forward, left leg long stance, double x block low then double x block high
6. Bring tonfa to chest, right leg front kick, fighting stance, close tonfa, double punch
7. Turn 180 (facing South), left leg long stance, left high block, right punch
8. Step forward, right leg long stance, right high block, left punch
9. Step up with feet together, double centre sweep, open tonfa to waist
10. Step forward, left leg long stance, double x block low then double x block high
11. Bring tonfa to chest, right leg front kick, fighting stance, close tonfa, double punch
12. Turn 270 (facing West), left leg fighting stance, left hand low block, right hand high block together
13. Turn 180 (facing East), right leg fighting stance, right hand low block, left hand high block together
14. Choon Be (facing North)



## Cha-ru Hyung Ee Bu

1. Choon Be (facing North)
2. Step forward, left leg fighting stance, left high block, right sweep, right punch
3. Step forward, right leg fighting stance, right high block, left sweep, left punch
4. Left roundhouse kick, right centre punch, left centre punch
5. Right roundhouse kick, left centre punch, right centre punch
6. Turn 270 (facing East), left leg long stance, left low block
7. Step forward, right leg long stance, right punch
8. Turn 180 (facing West), right leg long stance, right low block
9. Step forward, left leg long stance, left punch
10. Turn 90 (facing South), step forward, left leg fighting stance, left high block, right sweep, right punch
11. Step forward, right leg fighting stance, right high block, left sweep, left punch
12. Left roundhouse kick, right centre punch, left centre punch
13. Right roundhouse kick, left centre punch, right centre punch
14. Turn 270 (facing West), left leg fighting stance, left hand low block, right hand high block together
15. Turn 180 (facing East), right leg fighting stance, right hand low block, left hand high block together
16. Choon Be (facing North)



## Cha-ru Hyung Sam Bu

1. Step forward with the right leg, 45 left then right
2. Turn 90 (pivoting on the right leg) to horse stance centre strike left, flip tonfa and catch (palm up)
3. Kick to back of opponent's knee, (inside of foot)
4. Step forward through 90 (right leg forward), strike over the top. Flip over and catch (palm down)
5. Slide forward, feet together and strike upwards
6. Step behind with left leg, low block left
7. Step forward with right leg centre strike right, strike over
8. Close tonfa
9. Step round 90 to left, hit opponents arm,
10. Lift tonfa over opponent's neck
11. Turn 90 (stepping back with the left leg), lift tonfa and pull into body
12. Step round 90 to left, hit opponents arm
13. Lift tonfa over opponent's neck
14. Turn 90 (stepping back with the left leg) lift tonfa and pull into body
15. Perform natural basics, flip over to reverse grip
16. Step forward with right leg, 45 strike left, temple strike right
17. Slide tonfa up in front of opponent's neck, reach behind, grab end of tonfa, scissor squeeze
18. Drop tonfa down, strike up with the underside, temple strike right, reach up and grab end of tonfa handle, squeeze
19. Turn 180 right, drop onto left knee, temple strike right
20. Flip over tonfa and catch, step up and strike
21. Perform reverse grip basics
22. Step back with right leg, left hand centre chop, strike back with tonfa
23. Drop tonfa to natural grip