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Though neither as flashy nor as glamorous as the nunchaku, the tonfa is an essential tool in the kobudo tradition of self-defense. When wielded properly, this deceptively simple weapon becomes a graceful and poetic extension of the martial artist's open-hand techniques. By following the detailed photos and instructions in this classic text, one can unleash the true power of this ancient weapon and training tool. Practicing with the tonfa will improve balance, coordination, and strength.

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