



WEAPONS ALL

10/02/2023

CORE CONCEPTS

GENERAL

- Any Weapon is an extension of the Martial Artist
- Must have Balance with Self (with out a weapon in hand) before success with a weapon in hand in possible
- Maintain control of weapons by keeping elbows slightly bent on strikes and blocks (power is close to the body)
- Thumb and first finger are control fingers and the rest of the fingers are loose to guide and generate power (but don't remove the fingers fully from weapon)
- The most powerful area of the weapon will always be the end
- Generally, the second knuckle and edge of the forearm leads when striking or blocking to add power
- Whipping motions on techniques are push pull motions. The striking end of the weapon pushes forward while the opposite end pulls

BO

- Grip: Generally, hold the staff in thirds
- Push pull motion

ESCRIMA

- Grip: Never hold the very end of the stick, there should be 3-4 inches left after the fist
- Keep wrists loose and add whip by tightening grip at the last second

NUNCHAKU

- Grips
 - a. Basic: Hold closer to the chain
 - b. Advanced: Hold the end of the chuck (far from the chain)
 - c. Manipulation: Hold near the chain
- When blocking, put outward pressure on the chain so it won't collapse when hit

SAI

- Grip: When sai is extended, the thumb is on the inside of the middle prong. When sai is folded in the fingers are on the outside of the outside prong and the pointer is pushing on the inside of the handle to keep the center prong pressed against the forearm
- When transitioning from folded in to out, fingers rotate to be above the thumb and pull into a tight fist

TONFA

- Grip: When tonfa is folded in, the fist tightens towards the forearm to keep the tonfa pressed against the forearm
- Lead with the wrist when flipping to generate momentum
- Figure 8s and other manipulation: There should be very little sliding of the tonfa in grip, the rotation comes from the wrist not sliding tonfas

SPECIALTY WEAPON

- Weapon choice should be eastern martial art weapon
- Should have the ability to teach your weapon including the historical information and techniques
- Manipulation not necessarily only spinning things, but scenarios/combos for those that don't really spin. Manipulate weapon in an advanced way