
The Tonfa

mastering the tonfa - wwwin - mastering the tonfa by dr. ted gambordella, 5th dan martialartsbooks 4 mastering the tonfa the tonfa the tonfa is often referred to as the "rice grinder" because that was the original purpose for which the stick was devised. the tonfa is still used today to grind rice in many parts of the world. **rps-q5 programming software for the tonfa tf-q5** - rps-q5 programming software for the tonfa tf-q5 rx dcs dcs polarity optional signaling tx power scan ad busy channel lockout ptt id vox voice mode comment receive frequency transmit frequency offset frequency offset direction operating mode name tone mode ctcss rx ctcss dcs band a memories (left to right) band a band b vfo memory types (left to ... **rps-985 programming software for the tonfa uv-985** - rps-985 programming software for the tonfa uv-985 dcs rx dcs dcs polarity tx power scan ad busy lock ptt id signal code comment receive frequency transmit frequency **baton and unarmed defense techniques - dag repository** - baton and unarmed defense techniques 3 un peacekeeping pdt standards for formed police units 1st edition 2015 lessons will need a large area where students can work in pairs, and have the space to move around and practice techniques without injuring colleagues. part i unarmed defensive strikes background **tonfa uv-985 manual - wordpress** - tonfa uv-985 manual after verification, a new icon joins your menu bar and you can start swapping out windows, moving them around, or automatically. tonfa. tyt. wouxun. yaesu for radios* by: * each programmer is unique to a specific gray cable. tonfa programming with rt software. uv-985. tonfa uv-985 cb radio, buy various high quality tonfa uv ... **tonfa uv-985 user manual - wordpress** - tonfa uv 985 uhf+vhf dual band 8w fm walkie talkie ham two way radio+ 4 motorola talkabout fr50 two way radio walkie talkies w user manual. bought the radio tonfa uv-985 on aliexpress, this dealer online **baton - tonfa (paratonfa, monadnock) - nowar** - baton - tonfa (paratonfa, monadnock) okinawanian farmers „discovered“ the tonfa although it's origin was in china. it arose from the cutted end of a scythe or crutch. however, there are also notes which source that it was a crunch of millstones which was reconstructed as weapon. the reason for the development of a tonfa was the **department of consumer affairs bureau of security and ...** - the department of consumer affairs would like to thank the following individuals for volunteering their time, experience, and expertise to this project. **the ninja's guide to prite** - past nine years, the ninja's guide to prite continues to focus on the most important areas to cram into your brain in the month preceding prite. it is suggested that going over old prite exams is the best preparation for prite. this guide provides a comprehensive summary of old prites in an attempt to help with a more efficient review. **kobudō - athens yoshukai karate** - kobudō, in addition to becoming very fit physically and psychologically. you will feel more skillful in your empty-hand martial art as a result of the cross-training. you will be more qualified as a well-rounded martial artist. the international okinawa kobudō association is a traditional martial art with principles **a handbook for law enforcement officers** - c. fitting the thong 1. there should be a hole in the baton located 6 to 81t from the butt. one end of a leather thong is threaded through the hole and seoured with a strong knot.

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