



Kobudo 2: Nunchaku, Tonfa, Polizei-Tonfa (German Edition)

Roland Habersetzer

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Traditionelles Kobudô, moderne Polizeiwaffe - Das zweibändige Werk „Kobudô“ enthält die Grundlagen dieser alten okinawanischen Kampfkunst und eine Fülle von Techniken für ihre vier Basiswaffen: Bô, Sai (Band 1), Nunchaku und Tonfa. Neben den Grundtechniken werden viele Beispiele für Kombinationen, Kumite-Techniken sowie repräsentative klassische und moderne Kata ausführlich und nachvollziehbar in Wort und Bild vorgestellt. Der dritte Teil des vorliegenden Bandes behandelt die moderne Anwendung des Tonfa als Mehrzweck Einsatzstock der Polizei. Basistechniken, wie z.B. verschiedene Methoden, den Tonfa in Bereitschaft zu bringen, Blöcke, Stöße, Schläge oder Hebel werden ausführlich erläutert und mit zahlreichen Zeichnungen und Fotografien illustriert. Darüber hinaus werden spezielle Techniken dargestellt, die im praktischen Einsatz für den Polizeibeamten von größter Wichtigkeit sein können. Dazu zählen der Schutz des eigenen Tonfa vor fremdem Zugriff oder die Verteidigung der Dienstwaffe. Generell waren Praxisnähe und Effektivität die entscheidenden Kriterien für die Auswahl der vorgestellten Techniken. Dieses Buch bietet zudem die Möglichkeit, Methoden des klassischen Kobudô in die moderne Praxis mit dem Polizei-Tonfa einfließen zu lassen. Hanshi Roland Habersetzer, 9. Dan Karatedô, praktiziert asiatische Kampfkünste seit nahezu 50 Jahren. Seine Praxis des Kobudô begann 1973, dem Jahr seiner ersten Begegnung mit Matayoshi Shinpô.

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