

Extension Tools Offered

Bo



The bo is a long, round piece of wood like a broom handle.

Katas include: Summer Storm Bo Kata, Sushi-no-kan-sho, and Demura Bo Kata Ichi.

Cane



The walking cane is an effective self-defense tool.

Katas include: The

Natural Walk Cane Kata and Autumn Wind. Classes also include blocks, strikes, twirls, and self-defense.

Halfmoon Staff



The halfmoon staff is a long shaft with

crescent blades at either end and two hand holds with halfmoon blades. Wooden practice halfmoon staffs are available. **Katas include: Moonlight Flight.**

Naginata



A naginata is a long shaft with a blade at the end.

Katas include: Omou

Sword



The sword can be practiced using a wooden practice sword called a

bokudo or with a metal sword with a sheath.

Katas include: Dragon's Tooth.

Sai



A sai consists of a handle, a long shaft that may be round or octagonal, and two prongs. **Katas include: Silver Claw and Tsukenshitaku-no-Sai.**

Extension Tools are Fun, and with nine to choose from, there is always something new to learn. Whether it is katas, blocks, strikes, self-defense, or advanced takedowns, every extension tool is unique. **Talk to an instructor today!**



INFORMATIONAL BROCHURE

Extension Tools

- ◆Bo
- ◆Sai
- ◆Tonfa
- ◆Cane
- ◆Sword
- ◆Naginata
- ◆Escrima
- ◆Half-moon Staff
- ◆Kama



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Frequently Asked Questions

Who may take extension tool classes?

To participate in an extension tool class, you must be a registered member of the American Martial Arts Institute, training in American Eagle Style. Students who are 18 years or older may take classes at any rank, including white belt.

Students who are under 18 years old must be a yellow belt or higher.

When are extension tool classes offered?

Extension tool classes are offered throughout the year according to a schedule posted in the main display case at the location.

Who teaches the extension tools?

All extension tool classes are taught by adult certified black belt instructors of the American Martial Arts Institute. The name of the instructor teaching the class is posted on the schedule.



Are extension tools required to test?

Students testing for adult rank black belt must demonstrate knowledge and skills in the use of an extension tool, but it is not required for lower ranks. However, it is recommended that students begin training with an extension tool before it becomes a requirement because it will allow them time to experience different extension tools so they may find one they most enjoy, and it allows them time to gain greater experience.



Do you need to own an extension tool?

You do not need to own an extension tool the first time you register for that tool. Simply let the instructor know when you sign up that you would like to borrow one for the first class. However, you will need to get your own extension tool if you continue training with it.

How can I register for a class?

Talk to an instructor. The schedule is posted periodically in the display case. Classes smaller than five participants may be cancelled or rescheduled. Therefore, register up to a week before the class to ensure that the enrollment is large enough to hold the class.

What will I learn in the class?

Each extension tool has one to three different traditional katas that you may learn. In addition to katas, students learn blocks and strikes. Some tools involve self-defense and takedowns. Practice with an extension tool works coordination, focus, and balance, benefiting the student's empty hand skills through the added challenge of controlling an extension of their mind and body.

What extension tools are offered?

| | | |
|----------|----------------|-------|
| Tonfa | Sai | Kama |
| Bo | Escrima | Sword |
| Naginata | Halfmoon Staff | Cane |

Kamas



Kamas have a handle with a crescent blade at the end. The blade may be wooden or metal, but metal blades must be covered.

Katas include: Kanegawa- No-Nichougama and Kata no Kama.

Escrima



Escrima are sticks approximately two feet in length that are used together. **Katas include:** Dragon Wings. Students also learn sinawali, double-sinawali, and other techniques.

Tonfa



A tonfa consists of a long stick with a handle.

Techniques may be done with a single tonfa or with two together.

Katas include: Yom-Chi (single tonfa) and The Swirling Dragon (double tonfa).