



YAWARA

Other name: Kubotan

Origen: China/ Japan

Commonly used by Buddhist monks

Description: A small object with form of a stick. Normally 14 cm long and 1,5 cm in diameter; sometimes shaped as a pen.

Use: As a tool to manipulate bones, flesh and nerves.

Other: Often used as a keychain; then under the name Kobutan, Pocket stick or Self-Defence Keychain Stick (SDKS).

針灸

Zhen jiu (Acupuncture)

針功夫

Zhen Kung fu

針 – Zhen - nål, pinne

灸 - Jiu – heat

穴 - xue - acupuncture point

功夫 – kung fu (gong fu)

功 – Kung – merit or physical work

夫 – Fu – seen the light (husband)

