

# NUNCHAKU

## Blocks & Strikes

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### READY POSITIONS

**Ready Position 1:** Both nunchakus (c) held in left hand on left side of body by hip, as in **attention**.

**Ready Position 2:** Each nunchaku (open) held in each hand by hip, as in **ready stance**.

**Ready Position 3:** As in **fighting stance** (open).

**Ready Position 4:** Nunchaku string draped over right shoulder. Right hand holds one chuck.

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### BLOCKS

#### (closed)

1. Down Block
2. Upward Block
3. Inside Block
4. Outside Block

#### (open)

1. Down Block
2. Upward Block
3. Reverse Upward Block (setting up for bo disarm)
4. Side Block (left & right) - arm that crosses body is up
5. Reverse Side Block (left & right) - arm that crosses body is down

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### NON-SWING STRIKES

- A. Hammer Strike (c) – hold both chucks in one hand and strike.
- B. Punch Thrust (o) – striking with end of chuck.
- C. Using Chord (example: Grab behind opponent's neck with string, striking opponent's face to knee)
- D. Reverse hold, striking the opposite end of chuck (closed or open)

### SWING STRIKES (all open)

1. Downward Vertical Strike
2. Upward Vertical Strike
3. Downward Diagonal Strike
4. Upward Diagonal Strike
5. Horizontal Strikes
6. X-Swing (start with upper right).
7. Forward Swing (recover by swinging to left, then right, then catch under elbow)
8. Figure 8