

NUNCHAKU

Self-Defense

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.

1. *Ready Position #1*

- Down block with left hand, ending at left side of body (c)
- Horizontal strike (o) (to the right, then to the left), then circle on left side of body, catch w/ rt. hand up
- Punch thrust right, Forward swing, left, right, catch under your right arm

Return to Ready Position #2

2. • Reverse (crossed) upward block (o)

- Wrap cord of nunchaku for take down (by raising left hand) & vertical thrust to your right
- Punch thrust, left hand forward, in left back stance

Return to Ready Position #2, then Ready Position #1

3. • Inside block (c) with left hand

- Downward diagonal strike, Upward diagonal strike (left hand), catch under left arm w/ right hand.
- Horizontal strike (to the right), Downward & upward vertical strike (all with right hand)

Return to Ready Position #4

4. (all diagonals) (all with right hand)

- X-Swing (from upper right to lower left, then from upper left to lower right) (o)
- (stepping forward into left front stance) Groin Swing, low-right to high-left, diagonal
- Swing chuck over your head, Downward Diagonal Strike, Upward Diagonal Strike, catch w/ rt.

Return to Ready Position #2

5. • Outside block (o) to left side of body, right hand up

- Knee slam (right knee)
- Figure 8 (o) (holding the chuck with right hand)

