

Nunchaku Basics

Start at attention with the nunchaku in your right hand. Grab with the left and step to ready.

1. Step into a horse stance and do an upper block.
2. Down block.
3. Outside block to the right.
4. Outside block to the left.
5. Hold the nunchaku in the right hand and do a hip cradle to the right, left, circle, to shoulder catch.
6. Switch to the left shoulder catch.
7. Reverse figure-8 with the right hand for a 4 count, on the last rotation of the figure-8 turn it into a hip cradle and bring the nunchaku behind your lower back and do a catch with the left.
8. Using the left hand bring the nunchaku in front of you as you do a hip cradle and bring the weapon back behind you and catch with the right.
9. The right hand will do a neck wrap and hand off to the left hand.
10. The left hand will do a neck wrap and hand off to the right.
11. Do a double hip cradle starting on the right, then an arm cradle, to inside leg cradle, and finish with a right shoulder catch.
12. Do the same with the left side.
13. With the right hand do wrist roll to the right and then back to the left, shoulder catch on the right, ready position, attention, bow.

Four Seasons

Salutation, Fighting Stance	Cover your right fist with your left hand at salutation. Step back with your right foot into a fighting stance. Shout
Round Kick	Round kick with your right foot. Step forward with your right foot.
Sliding Hook Kick	Slide forward with your left foot and hook kick with your right foot.
Step, Wheel Kick	Step forward with your left foot. Wheel kick with your right foot.
Axe Kick	Axe kick with your right foot.
Shift, Sliding Double Round Kick	Shift both your feet so your fighting stance is heading to the left 90°. Slide forward with your right foot and round kick low then high with your left foot.
Sliding Side Kick	Slide forward with your right foot and side kick with your left foot.
Jump Back Kick	Jump back kick with your right foot.
Pop Up Side Kick	Pop up side kick with your right foot.
Step, Sliding Front Kick	Step with your left foot so your fighting stance is facing 90° to the left. Slide forward with your right foot and front kick with your left.
Inside Crescent Kick, Tornado Kick	Inside crescent kick with your right foot. Tornado kick with your right foot.
Pop Up Hook Kick	Pop up hook kick with your right foot.
Iron Broom Sweep	Step with your left foot so your fighting stance is 90° to the left. Iron broom sweep with your right foot.
Forward	Staying low to the ground, sweep forward with your left foot

Sweep	ending with hips turned slightly away from target.
Grounded Turn Back Kick	Transfer weight to left knee, turn and Back Kick with your right foot.
Side Knife-Hand Chop, Reverse Punch	Still on your left knee, continue rotation around and Side Knife-Hand Chop with your right hand, Reverse Punch with your left hand.
Guarding Uppercut	Shift left leg to a lunge stance 180° to the left. Open hand upper block with left hand, Uppercut with right hand. Shout.
Salutation	Step back with your left foot and cover your right fist with your left hand.

Self Defense 11: Overhead Punch

Step out with left foot 90° to left to front stance, open hand outside block with the left hand, inside chop to the neck with the right hand. Step right leg to left as left hand turn opponents wrist over so elbow turns down, vertical ridge hand strike just behind elbow with right hand. Right leg steps behind opponent's leg into horse stance, elbow strike to ribs with right arm. Throw opponent by grabbing back of collar with right arm, turning hips to left and pulling them down as you drop your right knee to the ground. Reverse punch with the right hand, Shout.

One Step Sparring #11

- Start at ready position
 - No leap
- Inside crescent kick with the left leg
 - Spin wheel kick with the right leg
- Iron Broom Sweep with the right leg
- Rear Leg Axe kick with the right leg, Shout