

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.

Self Defense 10: Hook Punch

Step forward with right leg into fighting stance, outside block with left hand, backfist to inside of arm with right fist. Backfist to temple with right hand. Shift right leg to front stance, horizontal palm strike with left hand to the floating ribs, shout. Step back with right leg into a back stance, knife-hand middle block with left hand.

Wheel Kick Combination

Axe Kick,
Sliding Hook Kick,
Step-Spinning Wheel Kick,
Jab/Punch, Shout

One Step Sparring #10

Start at Ready Position,
Inside crescent kick with the right leg,
Tornado kick with the right leg,
Jab/Punch, Shout