

Hill's Martial Arts, LLC

Nunchaku Applications

Application #1

1 – Unarmed

2 – 1 nunchaku – standard position

Attacker – left jab right cross

Application – parry left – parry right – right strike to throat hook neck – knee left leg sweep – right strike from side mount – key lock

Application #2

1 – Attacker unarmed

2 – 1 nunchaku – reverse grip

Attacker – right front kick

Application – inside thigh strike

Attacker – left front kick

Application – thigh strike

Attacker – step right leg – right hook

Application – inside arm strike – right side strike to throat – shoulder lock – sweep – arm bar

Application #3

1 – Attacker knife

2 – 1 nunchaku – guard right side

Attacker – right slice

Application – reverse strike

Attacker – backhand slice

Application – reverse strike

Attacker – forward thrust

Application – standard position - nunchaku hits wrist points disarming attacker – front choke