

Hill's Martial Arts, LLC

Nunchaku Form (1 nunchaku)

- 1 Ready position – left front stance into B position
- 2 Right hand release –left hand strike to right side – bring back to left side – behind the back
- 3 Right reverse jab
- 4 Right front kick
- 5 Diagonal strike to left side – catch with left hand – right hand release – one figure 8 twirl with left step into middle stance- go to guard left side then to B position
- 6 Right #3 side kick (kihap)
- 7 Right hand release spin around neck with left catch with right – figure 8 twirl right hand – helicopter twirl from left to right – helicopter twirl up – downward strike on right leg – catch behind back with left –right hand release go to B position.
- 8 Step forward left leg – diagonal strike with left
- 9 Step into right front stance A position
- 10 Left hand release – right hand strike to left side – bring back to right side – behind the back catch with the left hand – right hand release – half twirl left go to guard B side
- 11 Left reverse jab
- 12 Left front kick
- 13 Diagonal strike to right side – catch with right hand – left hand release – one figure 8
- 14 Twirl with right- step into middle stance go to guard right side – go to A position
- 15 Left #3 side kick (kihap)
- 16 Left hand release spin around neck with right catch with left – figure 8 twirl left hand – helicopter twirl from right to left – helicopter twirl up – downward strike left leg – catch behind back with right – left hand release go to A position
- 17 Step forward right front stance figure 8 twirl – jab (kihap)
- 18 Ready position - bow