

Hill's Martial Arts, LLC

Second Nunchaku Form

- 1 – Left front stance – upward strike with rope to throat
- 2 – Two over handed twirls – to guards right strike
- 3 – Two reverse jabs – spinning figure 8 twirls – back to guard right side
- 4 – Left front kick – right #2 inner crescent kick – jump butterfly kick into right front stance – diagonal strike to left hip – right jab
- 5 – Left #2 front kick – baseball bat swing – right #2 side kick – baseball bat swing – left #2 front kick – jab – twirl to guard left side – right palm heel – middle stance
- 6 – Step back with right leg – into middle stance facing opposite side – diagonal strike to right hip
- 7 – Right hand grabs - left hand release – step forward with right leg – three figure 8 twirls while sliding forward – right leg stays forward – right jab – kiap
- 8 – Step into middle stance – A position – flip to B position – right hand release – around the neck – catch with right – left hand release – twirl to guard A side
- 9 – Outward twirl – inward twirl up and over the shoulder to A position – two figure 8s – spinning figure 8 – twirl to guard A side
- 10 – Step into left front stance – upward strike to chin – downward strike to collar bone – right leg sweep
- 11 – Grab other nunchakus from floor – double outward inward twirl while stepping back to a middle stance
- 12 – Step into right front stance double figure 8 – left front stance double figure 8 – right front stance double figure 8 – double guard – right jab – left jab – double jab – over the shoulder
- 13 – Starting with right side – cross back up – left side cross back up 3 times – right helicopter twirl up – to double guard
- 14 – Right jump front kick – double figure 8 land on left knee