

NUNCHAKU

Kata

(c) = Closed, (o) = Open

DVS = Downward Vertical Strike, UVS = Upward Vertical Strike

DDS = Downward Diagonal Strike, UDS = Upward Diagonal Strike

YOI (Ready Position #1 to Ready Position #2)

COMING FORWARD

- Down Block (o), Upward Block (o) (left foot forward) (front stance)
- Back Foot Front Kick (right foot)
- Downward Vertical Strike (right hand) (o), catch behind back. (right foot is forward in front stance)

FACE LEFT

- Downward Diagonal Strike (DDS), Upward Diagonal Strike (UDS), catch nunchaku under right armpit
- Knee Strike (back right foot) to groin. (bring right foot back to where it was)
- Downward Vertical Strike (DVS) (right hand), catch in front
- Punch Thrust (left hand) (left foot is forward in back stance)

FACE RIGHT

Repeat with left hand (all reverse)

COMING FORWARD

- Diagonal Strike Combo Right
(right foot forward in front stance)
(all with right hand):
 - Circle over head
 - DDS (from upper right to lower left)
 - Circle on your right side (counter clockwise)
 - UDS (from lower right to upper left)
 - Circle on your right side (counter clockwise)
 - Catch (right side by head)
- Diagonal Strike Combo Left
(left foot forward in front stance)
(all with left hand):

Reverse from above

- Punch Thrust (right hand) (right foot forward in back stance)
-

GOING BACK

- Spin Side Kick (right foot)
- Punch Thrust (right hand) (right foot forward in back stance)

- Figure 8 (2 times)
- Lifting Right Leg, Two Downward Vertical Swings (right hand)
- X-Swing (right-down-left-down)
- Downward Strike to center, catch under arm. Turn 180°, moving left foot

REVERSE

- Lifting Left Leg, Two Downward Vertical Swings (left hand)
- X-Swing (left-down-right-down)
- Downward Strike to center, catch under arm.

RIGHT FOOT FORWARD IN FRONT STANCE

- Outside Block (o) (nunchakus on left side)

LEFT FOOT FORWARD IN FRONT STANCE

- Outside Block (o) (nunchakus on right side)

- Knee Slam: Grab behind opponent's neck with chucks, striking opponent's face to right knee

COMING FORWARD

- Punch Thrust (left hand) (left foot is forward in back stance)

- Punch Thrust (right hand) (right foot is forward in back stance)

- Forward Swing. Recover by swinging chuck left & right, catch under right elbow.

YAME

Right foot steps back to YAME (Ready Position #2 to Ready Position #1)

