

NUNCHAKU

Self-Defense

(with partner armed with bo)

Ready Position 1: Both nunchakus (c) held in left hand on left side of body by hip, string tight.

Ready Position 2: Each nunchaku (o) held in each hand by hip, as in junbi.

Ready Position 3: As in fighting stance (o).

Ready Position 4: Nunchaku string draped over right shoulder. Right hand holds one chuck.

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1. Ready Position #1

Defending against a right front kick or a top-of-left-foot strike (or a sweep)

1. Down block left (c)
2. Horizontal strike (to the right, then to the left), then circle on left side of body, catch
3. Punch thrust right, Forward swing

Return to Ready Position #2

2. Ready Position #2

Defending against an overhead strike, with or without a bo

1. Crossed upward block
2. Wrap chuck around bo (or arm) & thrust out to your right
3. Punch thrust left

Return to Ready Position #2, then Ready Position #1

3. Ready Position #1

Defending against a right hook punch or right horizontal strike to the face

1. Inside block left (c)
2. Downward diagonal strike (left hand), Upward diagonal strike (left hand), catch under arm.
3. Horizontal strike (to the right), Downward & upward vertical strike (all with right hand)

Return to Ready Position #4

4. Ready Position #4

Defending against a punch to the solar plexus or a groin strike with the bo

1. X-Swing (right-down-left-down)
2. stepping forward into left front stance - Groin Swing (still right hand)
3. Swing chuck over your head, Downward Diagonal Strike, Upward Diagonal Strike, catch

Return to Ready Position #2

5. Ready Position #2

Defending against a punch, thrust, or a diagonal head strike

1. Outside block (o)
2. Knee slam
3. Figure 8 (warding off any counter attack)