

Nunchaku Curriculum

Yellow Chevron

Freestyle Techniques

- ◆ Front Switch
- ◆ Strike
- ◆ Block
- ◆ Front Strike
- ◆ Side Strike
- ◆ Around the Neck Part one

Freestyle From

- ◆ Blitz One

Sparring Techniques*

- ◆ High Block
- ◆ Downward Strike
- ◆ Front Strike
- ◆ Strike
- ◆ Block

Sparring Matches

- ◆ Two, Two minute rounds

*Note- In order to participate in the sparring portion of our weapons program students are required to purchase the proper equipment. Proper equipment consists of Foam head gear with face mask and gloves. See instructor for more information.