

Nunchaku Curriculum

Orange Chevron

Freestyle Techniques

- ◆ High Block
- ◆ Back Switch
- ◆ Fancy Arm Switching
- ◆ Around the neck part two

Freestyle From

- ◆ Blitz Two
- ◆ Shuffle

Sparring Techniques*

- ◆ Low Block
- ◆ Side Block
- ◆ Switch Strike

Sparring Matches

- ◆ Three, Two minute rounds and One Super Match

*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.