

THE NUNCKAKU



The History of Nunchaku

The nunchaku was originally a tool for farmers. It was used to bash rice in order to separate the edible rice from the shells surrounding it. During various periods of occupation when the carrying of metal-tools was outlawed in Japan, the former farming-tool became a “secret weapon” that anyone could carry without raising suspicion. A lot of effort went into the study of its’ use.

In Sweden during the last century, the nunchaku became known under the moniker of “karate sticks”.

Today nunchakus are used only at exhibitions connected to Martial Arts convention demos, and other similar events, in remembrance of the roots of Martial Arts. In Martial Arts practice, the nunchaku is normally used as a training tool in fast, strongly choreographed sequences to build speed, coordination and reflexes.

Training structure

The basic skills in Nunchaku is easy to learn. It will take a determined student less than a day to practise the different moves. Then it usually takes about a year of practice before the student is ready for Grading. At that time, performing the weapon is not enough. The Grading is to be a dazzling performance of speed, power and control.

Always practise with an Instructor and with a nunchaku made of rubber, so you won’t confirm any wrongful techniques and avoid injuries.
Remember, you become what you practise!

Basic techniques of Nunchaku

Blocking

Double blocks
Rising block

Rotations

The Wheel
The "Upper Wheel"
The "Grinding Wheel"
Catch the "Wheel"
The "Figure eight movement"
The "Figure eight" in reverse
Full stop

Flips

Onehand flip
Twohands flip
Flip behind waist
Flip around shoulder
Reverse flip around shoulder
Flip behind back
Flip around neck
Flip between legs

Controlling moves

"Play the Chain"

Drills

Magic Touch

Juggling

Throw and Catch

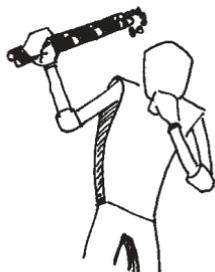
Strikes

Straight strike
Shooting
Stop-feint

Strangulations

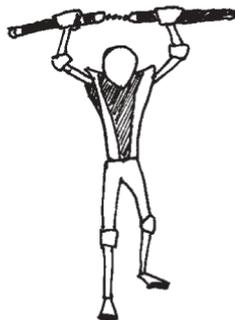
Frontal strangulation
Strangulation by chain
Strangulation from behind
Scissors strangulation

Blockings



“Double block”

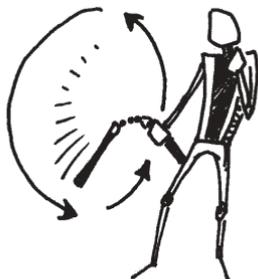
This block is effective against almost any kind of attack. Keep the sticks together with the chain upwards. Intercept the attack with a distinct blow.



Rising block

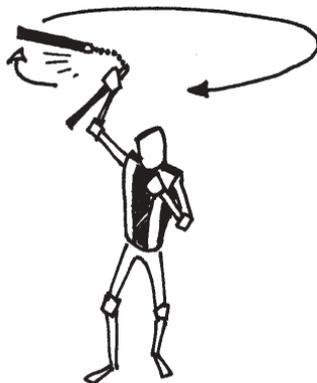
Keep the nunchaku-sticks in each hand, chain taut. Raise the hands upwards to block the opponent's descending hand/arm/weapon etc.

Rotations



The Wheel

Take a onehand grip close to the chain, hand at waist level. Swing the nunchaku in an arc forward (or backward), spinning like a wheel. This can be done to distract the opponent or to build up speed for a strike etc.



The Upper wheel

Same grip, close to the chain. Spin the nunchaku above the head like a lasso. Again, this can be used to build speed or as a distraction.



The Grinding wheel

Like “Upper wheel” but level with your waist.



The “Figure eight movement”.

Rotate the nunchaku in a figure-eight (laying on the side)



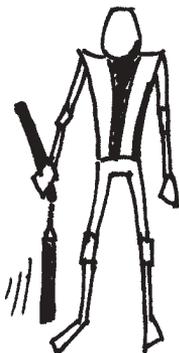
The “Figure eight ” in reverse

Take the nunchaku in a reverse grip (see picture) and do the “8”!



Catch the Wheel

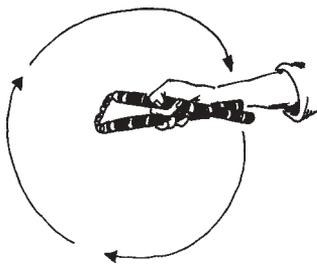
Swing the nunchaku from hand to hand.



Full stop

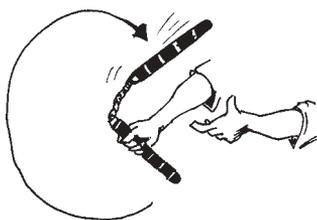
Cease all movement with a determined move (downwards is usually a good option!).

Flips



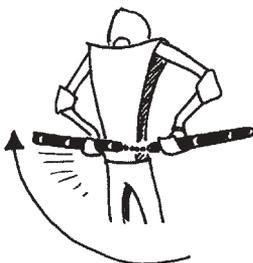
Onehand flip

Grip one stick in the middle with thumb and index finger. Now, swing the other stick forward-and-up over the one you are holding. Release your grip and catch the moving stick in the same way.



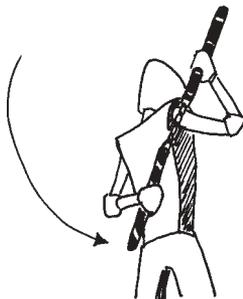
Two-hand flip

Swing the nunchaku up to the next hand. The more determined a swing, the faster a nunchaku will move.



Flip behind waist

Flip the nunchaku from one hand to the other, behind your lower back.



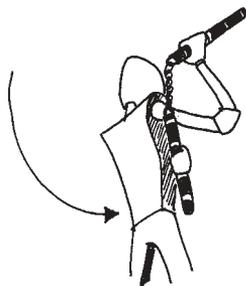
Flip around the shoulder

Flip the nunchaku around your shoulder and catch it with your other hand (grip in the middle of the stick).



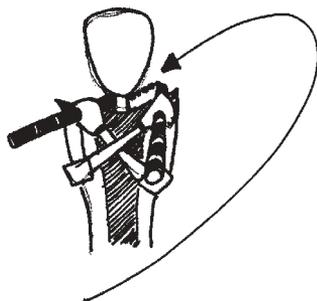
Reverse flip around the shoulder

Like the normal one, just the other way.



Flip behind the back

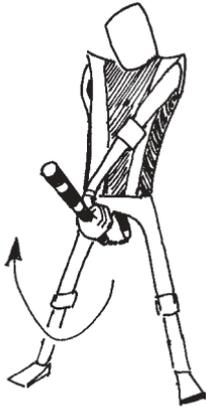
Flip the nunchaku behind your back and catch it (grip in the middle of the stick).



Flip around neck

This drill can be performed directly after

catching the “Flip behind back” Looks very impressing at exhibitions!



Flip between legs

Flip the nunchaku from behind up between the legs. Catch in a reverse grip. Don't miss!!!

Controlling moves



“Play the Chain”

Swing back and forward with the chain connecting with your leg, hip etc. Looks very professional!



Drills



“Magic Touch”

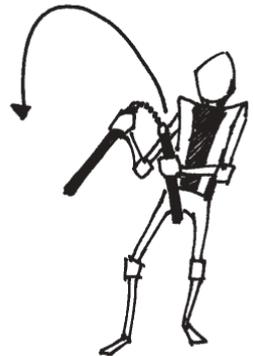
Flip the nunchaku over the back of your hand. Release and grip the other stick. Repeat. This drill can also be performed in reverse. It is also great in connection with performing the “8th’s”, or when “Playing the Chain”.

Juggling



Throw the nunchaku in the air and let it perform a few spins before you catch it! If you get really good, you can spin around in a full circle before catching the sticks! The harder you whip away the nunchaku, the faster it will spin.

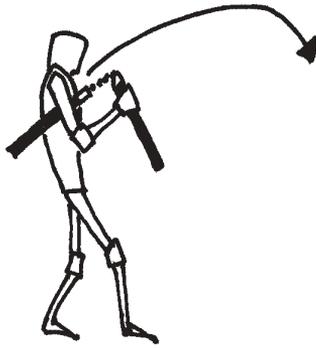
Strikes



Straight strike

Assume your fighting stance with the nunchaku in both hands. Point your leading hand towards

your opponent, pushing forward with your leading hand, building tension in the chain and arm. Then release the stick in your other hand, “shooting” it like with a sling-shot towards the opponent.



Shooting

As with straight strike, but this time you release the stick from your armpit (see picture).



Stop-feint

Swing the nunchaku like you are going to catch it with the other hand. Instead, just “slap” the stick, making it change direction. A very surpris-

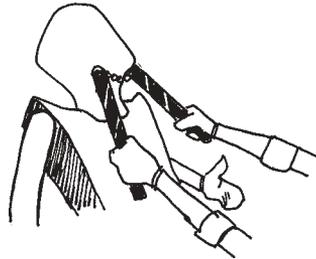
ing move! The “slap” can be performed in connection with almost any kind of flip.

Strangulations



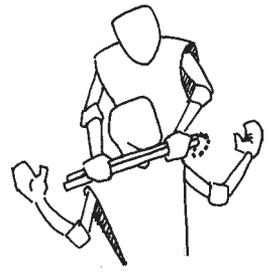
Frontal strangulation

Hold the sticks together with both hands and press against the opponent’s throat while twisting downwards.



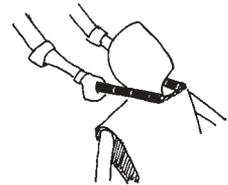
Strangulation by chain

Put the chain over the opponent’s throat as the picture shows And push forward/upwards.



Strangulation from behind

Keep the sticks together and pull towards yourself with a downward twist.



Scissors strangulation

Put the nunchaku as the picture shows, and push the outer ends toward each other. This is also very painful when performed on a wrist, ankle etc.

REMEMBER!

Mass x Speed equals Force!

(very loosely after Mr Einstein)

The closer to the chain you hold your hand, the more stable become the moves!

Nunchaku Grading

You are required to show, starting from your fighting stance and visibly in full control and in speed , all **blocks, strikes, drills, feints ,restraints and strangulations** that you have practised with your nunchaku.

Separate moments You will performed the strike, flip etc that the Examiner orders.

2 short series You have to show that you can construct two short series , where you act against an opponent , armed or unarmed.

Double nunchaku Show all techniques at full speed with nunchakus at the same time. Your ability to control nunchakus will be graded.

Final You are to plan and execute a Nunchaku-performance on your own. The performance is to display multiple combinations, with speed, control and a lot of authority! You are required to change from one hand to the other at several times. This is the most important part of the Grading, so be creative!

The most important thing to remember for the person trying to pass the Grading is to display a lot of self confidence, surety of movement, determination and fighting spirit! The main question for the Examinators is always: "-Is this person mature enough, as a human and as a Martial Artist, to become and act like a Master?"

Good Luck!!!