Nunchaku Kihon (Basics) #1

On all of these moves keep free hand on hip unless otherwise indicated. All stances are fighting stance unless otherwise indicated.

Nunchaku Blunt Strikes

Both Nunchaku together in one hand and use as a club. Practice on both sides.

1) Outside side strike to temple with front ends of Nunchaku.

2) Inside side strike to temple with front ends.

3) Outside side strike to jaw with back ends.

4) Inside side strike to jaw with back ends.

5) Up strike under chin with front ends.

6) Down strike to top of forehead with front ends.

7) Thrust to solar plexus with front ends.

Finish with forward X and one hand catch.

Video Available: https://stillmindmartialarts.com/first-new-drill-video-from-new-sc-home-dojo/

Nunchaku Bounces

Practice these bounces on both sides. Start in angled Shiko-dachi with Nunchaku over R shoulder.

1) Flip down to front and bounce off inner R thigh.

2) Flip up front and bounce off back of R shoulder.

3) Flip down front and catch under R armpit pulling out with quick release.

4) Flip across front and bounce off back of L thigh.

5) Flip back across front and bounce off back of R thigh while raising R leg.

6) Flip up front and bounce off back of R shoulder.

7) Flip down front and catch under R armpit.

Finish with forward X and one hand catch.

Video Available: https://stillmindmartialarts.com/second-nunchaku-kihon-basics-drill-bounces/

Nunchaku Kihon (Basics) #2

On all of these moves keep free hand on hip unless otherwise indicated. All stances are fighting stance unless otherwise indicated.

Nunchaku Blocks #1

Start right foot forward. Practice these blocks on both sides.

1) Front high triangle block, nunchaku in a triangle above your head, with cord extended.

2) Low center cross block, nunchaku pointing down with tips crossed in front of groin.

3) Mid center cross block, nunchaku in triangle in front of chest pointed up/forward with tips crossed.

4) Mid side block (kamai), nunchaku on left side in upward triangle with Right hand forward.

5) Left side corner block, one vertical one horizontal.

6) Right side corner block.

7) Wraparound shoulder block. Right goes up while Left twists down around elbow over shoulder.

Finish with forward X and one hand catch.

Video Available: https://stillmindmartialarts.com/third-nunchaku-kihon-basics-drill-blocks-i/

Nunchaku Blocks #2

Start right foot forward with chuck over R shoulder. Practice these blocks on both sides.

1) Raise R knee horizontal to ground, about 45° forward left and flail block down to the side of leg. Catch in front as it flips back up to front.

2) Front high center block, nunchaku flat horizontal in front of your face, with cord extended.

3) Low center block, nunchaku flat horizontal in front of groin.

4) Reverse R grip end of chuck, palm up keeping all fingers behind chuck, inside block up R hand in normal karate high block position.

5) Swing in down in front to an outside down block R. (outside L chuck)

6) Swing up and over in front to an inside down block R. (inside L chuck)

7) Reverse R grip again, from palm side to palm forward rolling over back of hand and grab string end of chuck. Raise R knee and swing up in front over the L chuck and outside club block down to the side (outside L chuck)

Finish with forward X and one hand catch.

Video Available: https://stillmindmartialarts.com/fourth-nunchaku-kihon-basics-drill-blocks-ii/

Renshi MikeS: 7/19/25

Nunchaku Kihon (Basics) #3

On all of these moves keep free hand on hip unless otherwise indicated. All stances are fighting stance unless otherwise indicated.

Nunchaku Flails

Start right foot forward with chuck over R shoulder holding L under arm. Practice on both sides.

1) Flail diagonally down to L in front striking collar bone.

2) Continue diagonally down to R to other collar bone completing an X in front.

3) Flail straight across horizontally to side from R to L

4) Continue back horizontal from L to R

5) Flip up in front and catch L (L palm up)

6) Flip down in front, pulling L chuck forward out of L hand and catch below with L (palm forward)

7) Butt end middle strike with R hand end

Finish with forward X and one hand catch.

Video Available: https://stillmindmartialarts.com/fifth-nunchaku-kihon-basics-drill-flails/

Nunchaku Catches

Start right foot forward. Practice these catches on both sides.

1) Start with chucks in front, R forward. Flip up catch L (palm up)

2) Flip down and catch L (palm forward)

3) Swing from R to L and catch on L hip (palm down)

4) Flip up to R shoulder and catch under arm in front (palm back)

5) Flail to side and catch on L hip (palm out to side)

6) Flail up front to R shoulder and catch behind back (palm back)

7) Flip down and catch under R armpit

Finish with forward X and one hand catch.