VirtualNunchaku.com

An Augmented American Style Nunchaku Training Program
Shihan Eldridge Hawkins, Jr. - Nunchaku Certified Head Instructor

Week 3

Review:

- All previous safety rules, stances & techniques

Watch Video Lesson 3-W3

Basic Techniques:

- Outward Figure Eight Strike
- Side Swing
- Side Strike
- Front Strike

STUDENT NOTES:

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