



VirtualNunchaku.com

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



Yellow Belt Testing Sheet

Student Must Demonstrate Stances Showing Front and Side View:

- Ready stance
- Forward Leaning Stance
- Backward Leaning Stance
- Horse Stance

Student Must Recite the History of the Nunchaku:

- Geographical Origins
- Original Use
- Evolution Story

Student Must Identify Basic Safety Rules:

- Utilize foam or rubber nunchaku during practice sessions.
- Practice in wide open spaces.
- Be aware of your surroundings.
- Swing at your own risk

Student Must Demonstrate 10 Kicks each front and Side View:

- Front Groin Kick (explain what part of foot is used for striking)
- Front Thrust Kick (explain what part of foot is used for striking)



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Student Must Explain Statistical Data of Nunchaku:

- How many Foot Pounds of energy per square inch can Nunchaku generate?
- How many miles an hour can the Nunchaku generate with the swing of the wrist?

Student Must Explain Anatomy of the Nunchaku:

- Upper (Front) End
- Middle
- Lower (Back) End
- Center Chain/Cord
- Nunchaku construction
- Nunchaku varies in size

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Student Must Explain and Demonstrate Grips and How it Relates to the Carrying Positions:

- Regular Grip
- Inverted Grip
- Carrying Nunchaku

Student Must Demonstrate Basic Techniques 10 Times in a Row Without Error from Front and Side View:

- Simple Up
- Simple Down
- Arm Switch

Student Must Demonstrate Basic Techniques 10 Times in a Row Without Error from Front and Side View:

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

Student Must Demonstrate Basic Strikes 10 Times in a Row Without Error from Front and Side View:

- Inward Figure Eight Block
- Open High Block
- Open Low Block
- Open Side Block