



VirtualNunchaku.com

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



Orange Belt Training Sheet

Student Must Demonstrate Improved Ability with 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 Improved Ability with 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:

Inward Figure Eight Block continued (both hands)

- Around the Neck Part 1
- Around the Neck Part 2
- All previous safety rules, stances & techniques



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

- Combination 1: Inward 8 block, outward 8 strike, simple up, arm switch continues on the other side
- Combination 2: Inward 8 block, outward 8 strike, front strike, simple up, side swing, arm switch continues on the other side
- Combination 3: Side strike, around the neck, simple up, around the neck 2, simple up, arm switch, continues on the other side
- Combination 4: Ending 1
- Combination 5: Ending 2
- Combination 6: Open high block, open low block
- Combination 7: Open low block, open high block, left open side block, right open side block