Ken-Fu Nunchaku Jutsu™
RANK REQUIREMENTS

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PREAMBLE

Ken-Fu Nunchaku Jutsu™ was developed by Shihan Eldridge Hawkins, Jr. based on over 30 years of his experience in the martial arts. At the time of this writing, Shihan Hawkins is the Senior Rank Examiner for the American Style Nunchaku Federation, U.S. Representative and Technical Advisor for the Hong Kong Nunchaku Association in China as well as an Extended Technical Committee Member for the United States Ju-Jitsu Federation. He is also the Head Nunchaku Instructor at Baker's Red Iron Dragon Kenpo Karate Academy where he was given the title of Shihan by Professor Harry Baker 10th Dan. Prior to creating this new Nunchaku centered system, Shihan Hawkins earned his 5th Degree Black Belt in American Style Nunchaku under Grand Master Michael Burke and holds Dan Rank in Chinese Kenpo Kung-Fu, and Jujitsu as recognized by the United States Martial Arts Federation and more.

Ken-Fu Nunchaku Jutsu™ is a complete martial arts style that integrates Nunchaku into every aspect of what would be a traditional martial arts system. Specifically, this new Nunchaku style fuses various elements of competition katas and swinging strikes of both the American Style Nunchaku (as taught by founder Grand Master Michael Burke) and World Nunchaku Association (as administered by Master Thom Vermeulen), with the close quarter fighting of Chinese Kenpo Kung-Fu (as instructed by Professor Harry Baker), Ed Parker's Kenpo Nunchaku teachings, Jujitsu, and Shihan Hawkins' own original techniques. More specifically, several of the strikes, locks, throws and more of Kenpo and Jujitsu have been augmented where appropriate in self-defense techniques to include Nunchaku techniques.

Ken-Fu Nunchaku Jutsu™ is the true Nunchaku self-defense system. It is designed as a standalone martial art where the student enters and progresses from White Belt to Black Belt learning core techniques from traditional karate systems subsumed by extensive Nunchaku training. Yet, the system simultaneously has the dexterity to be adaptable or complement traditional martial arts systems for those with prior experience looking to specialize in Nunchaku. This system includes 6 belt classes: Yellow, Orange, Purple, Blue, Green, and Brown prior to reaching Black Belt and the later Dan Grades.

Technical excellence in Martial Arts training is a priority as is ensuring that students train safely when dealing with the Nunchaku virtually from day one. Students will obtain basic philosophies of the martial arts, science, tournament skills for competition and practical self-defense. Moreover, students will enhance their physical fitness which can help stem-the-tide of obesity in all ages and by extension reduce related conditions such as diabetes. As this new system expands beyond its initial foreground, it will be the local Sensei's responsibility to both add to the system and ensure that the core system and classes are well planned and executed.

These Rank Requirements which align in part with that of the United States Ju-Jitsu Federation and American Style Nunchaku Federation, are designed to guide and assist the individual Sensei in accomplishing his or her goals in teaching the ***Ken-Fu Nunchaku Jutsu™***

system. The ***Ken-Fu Nunchaku Jutsu™*** ***(*****"KFNJ")** Rank System is divided into fourteen separate areas of training which include:

Posture and Stances	Tachi Waza
Body Movement	Taisabaki Waza
Striking Techniques	Ate Waza
Kicking Techniques	Geri Waza
Blocking Techniques	Uke Waza
Vital Point Techniques	Atemi Waza
Joint Locking Techniques	Kansetsu Waza
Combination Techniques	Renraku Waza
Strangulation Techniques	Shime Waza
Breakfall Techniques	Ukemi Waza
Throwing Techniques	Nage Waza
Self-Defense Techniques	Goshinjitsu Waza
Formal Exercise	Kata
Fighting/Sparring	Kumite

I, Shihan Hawkins, with the support and technical committee guidance of my teachers Prof. Harry Baker 10th Dan, Master R. Armstrong 8th Dan, and Shihan K. Sabu Rashidi 7th Dan of ***Baker's Iron Dragon Karate Academy***, Shihan Bruce Bethers, 8th Dan, of the ***United States Ju-Jitsu Federation***, Grand Master Michael Burke, 6th Dan, of the ***American Style Nunchaku Federation***, my father Shodan Eldridge Hawkins, Esq., and my colleague Shodan Ashanti Shakir have established this training document for guidance of the Dojo Sensei in the teaching implementation of this Nunchaku martial arts form. I thank them all for providing me the physical and spiritual foundation necessary to grow and create this new martial arts system. I also recognize Master Jerry Lau of the ***Hong Kong Chinese Nunchaku Association*** for ongoing collaborations with us and future contributions to the system.

It is from this strong foundation that Virtual Nunchaku will further its mission of spreading the **KFNJ** artform to martial artists throughout the world via a hybrid learning model which combines traditional dojo learning with the convenience and accessibility of a modern distance learning educational platform. **KFNJ** will seek system recognition with various international martial arts organizations and encourage competition so that practitioners of this style will not only have recognized certified rank but the additional confidence in knowing that ***Ken-Fu Nunchaku Jutsu™*** system has met national and international training standards while being totally effective for self-defense. As such, **KFNJ** has achieved the distinction of full recognition by the American Style Nunchaku Federation and the United States Martial Arts Federation as an official martial arts system.

Respectfully Submitted,

Shihan Eldridge Hawkins, Jr., CEO & Head Instructor - Email: VirtualNunchaku@BBSILLC.com
Virtual Nunchaku – A Black Belt Security & Investigations, LLC Training Division – Website: www.VirtualNunchaku.com

CONTENTS

NEW STUDENT, (WHITE BELT) 6

YELLOW BELT – (6TH CLASS) 7

ORANGE BELT – (5TH CLASS) 11

PURPLE BELT – (4TH CLASS) 14

BLUE BELT – (3RD CLASS) 18

GREEN BELT – (2ND CLASS) 20

BROWN BELT – (1ST CLASS) 23

SHODAN (BLACK BELT, 1ST DEGREE) 27

NIDAN (BLACK BELT, 2ND DEGREE) 30

SANDAN (BLACK BELT, 3RD DEGREE) 32

YONDAN (BLACK BELT, 4TH DEGREE) 35

GODAN (BLACK BELT, 5TH DEGREE) 36

ROKUDAN (BLACK BELT, 6TH DEGREE) 38

SHICHIDAN (BLACK BELT, 7TH DEGREE) 41

HACHIDAN (BLACK BELT, 8TH DEGREE).....43

KUDAN (BLACK BELT, 9TH DEGREE) 44

JUDAN (BLACK BELT, 10TH DEGREE) 44

KEN-FU NUNCHAKU JUTSU RANK REQUIREMENTS

All candidates for both Kyu and Dan grade promotion in ***Ken-Fu Nunchaku Jutsu™*** will be qualified by formal examination in any traditional dojo setting and as needed in conjunction with www.VirtualNunchaku.com's online distance learning modules as developed and amended by the system's founder, Shihan Eldridge Hawkins, Jr. or his qualified successors. To ensure the integrity of the Nunchaku artform and testing procedures, only the Virtual Nunchaku online platform currently administered by Shihan Eldridge Hawkins, Jr. shall be authorized to administer the distance learning components.

Competition is not required for promotion in ***Ken-Fu Nunchaku Jutsu™***. However, it is recommended that students participate in tournaments for personal growth and to help spread or create awareness of the Ken-Fu Nunchaku System and that of the *American Style Nunchaku* system whose katas are rooted in this system's origin. Nonetheless, competition is not required for colored belts or black belt dan grades as greater emphasis in ***Ken-Fu Nunchaku Jutsu™*** ("**KFNJ**") is placed on self-defense and more traditional techniques than its *American Style Nunchaku* sister system, albeit partially delivered in a more modern online learning environment in cooperation with the local dojo. This hybrid format can help preserve the integrity of the learning process while more easily facilitating the spread of new martial arts style through the speed and connectivity of the internet.

All candidates for rank be it Kyu or Dan grade must show a high level of proficiency in each area on this artform. The Nunchaku-Ka is also expected to show greater knowledge and proficiency as he/she rises through the ranks.

Kyu & Dan rank promotion within **KFNJ** system is predicated upon:

- Strength of character in everyday living that embodies the spirt of the martial arts and would reflect well on the martial arts system
- Knowledge and understanding of Nunchaku both as a tournament from and combative/self-defense art
- Over-all ability in Nunchaku
- General competency in traditional martial arts techniques such as basic kicks, strikes, throws and more necessary to compliment nunchaku techniques

- Actions that have brought positive focus upon **KFNJ** or other unique accomplishments
- Teaching ability and support to KFNJ delivery systems such as Virtual Nunchaku or the traditional dojo
- Years of training, time in grade and age

Finally, because **KFNJ** is a fusion of American, Chinese, and Japanese styles of martial arts, lessons and terminology will primarily be in English with alternate language to be introduced periodically in order to create a well-rounded familiarity of common parlance or vernacular in the martial arts community. Thus, only loose understandings of the most basic Chinese or Japanese translations are required for advancement.

NEW STUDENT, (WHITE BELT) -

GENERAL REQUIREMENTS:

1. Student should understand this rank is the default or entry level designation for a student who begins training in ***Ken-Fu Nunchaku Jutsu™*** **(KFNJ).**
2. Student should be of good moral character and accepted as such by a recognized dojo/learning platform authorized to teach ***KFNJ.***
3. There is no age requirement.
4. Student should have a rudimentary understanding of martial arts school or learning platform rules and procedures.
5. Student is required to consistently train and be responsive to instructor feedback and guidance.
6. Student Should understand the following basic terminology:
    - Teacher = Sensei (sehn-say)
    - Technique = Waza (wa-za)
    - Stop = Matte (ma-the)
7. **Student to understand the following disclaimer**: Swinging Nunchaku can cause injury. As such Black Belt Security & Investigations, LLC, VirtualNunchaku.Com all instructors, or any physical training location associated with this program are not responsible for any injuries sustained by or caused by you. Moreover, by participating in the Ken-Fu Nunchaku Jutsu program you assume the risks associated with martial arts weapons training and agree to hold all parties associated with this training program harmless from any and all liabilities. Moreover, Nunchaku may be classified as illegal weapons in various jurisdictions. Individuals wishing to train in Nunchaku should check with their local police agency first.

YELLOW BELT, (6TH CLASS) -

GENERAL REQUIREMENTS -

1. Student should be of good moral character and accepted as such by a recognized dojo/learning platform authorized to teach ***KFNJ.***
2. There is no age requirement.
3. Student should have been examined by a KFNJ or Virtual Nunchaku Certified Instructor.
4. Student is required to consistently train and be responsive to instructor feedback and guidance.
5. Student must be a member in good standing or have a **valid subscription to the learning platform VirtualNunchaku.Com** or an authorized dojo such as but not limited to Baker's Red Iron Dragon Karate Academy.
6. Minimum time in grade & training requirement as a White Belt, two months.

GENERAL KNOWLEDGE-

Student will demonstrate the following Bows with Nunchaku:

- Regular Japanese Bow (Hands Straight on Sides -15 Degree Bend)
- Regular Chinese Bow (Fist in Opposite Hand Out Front W/Bow of Head)
- Chinese Kung-Fu Bow (Several Fluid Movements)

Nunchaku Selection:

There are many different nunchaku designs with different features providing different advantages and drawbacks. However, as a general rule:

- The stick portion of the Nunchaku should be approximately the length of your forearm from the point of your middle knuckle to the point of your elbow.
- The center chain or cord should be approximately the distance from the point of your middle finger to the middle knuckles.
- Most common size nunchakus on the market are 12-inches with approximately a 3 to 4-inch cord/chain.
- Sizes and materials nunchakus are made with do vary.

History of the Nunchaku[1]:

- Several hundred years ago Japanese overlords took control of Okinawa.
- To keep the rural population from uprising overlords confiscated all weapons.
- Regular farmers were brutalized and forced to find different ways to defend themselves.
- The Nunchaku was originally a farmer's tool utilized to thrash rice stalks.
- The Nunchaku was used as weapon to unhorse mounted Samurai warriors by striking legs of horses to bring rider down.
- Utilizing centrifugal force, the Nunchaku became a devastating weapon.

Anatomy of the Nunchaku:

- Upper (Front) End
- Middle
- Lower (Back) End
- Center Chain/Cord
- Nunchaku can be made of different materials including to wood, metal alloys, plastic and rubber.
- Total extended length ranges between 28 and 34 inches on average.

Statistical Data[2]:

- Nunchaku can generate up to 1,600 Foot Pounds of energy per square inch.
- The arcs created by properly snapping the wrist with nunchaku have been clocked at speeds in excess of 200 Miles Per Hour.

Safety Rules:

- Utilize foam or rubber nunchaku during practice sessions.
- Practice in wide open spaces.
- Be aware of your surroundings.
- If training at home, try to go outside in a wide-open space.
- If inside at home be sure to move furniture or anything around you that might be damaged and be extra mindful of light fixtures or fans hanging from ceilings.
- Swing nunchaku away from other people

[1] Ed Parker's Guide to the Nunchaku, Edmund K. Parker/Kam IV, Inc. 2006
[2] Ed Parker's Guide to the Nunchaku, Edmund K. Parker/Kam IV, Inc. 2006

- Nunchaku may be illegal in your jurisdiction (check with your local law enforcement agency before possessing or carrying nunchaku in public)

Grip:

- Regular Grip
- Inverted Grip
- Thumb and index finger should securely hold on to the handle of the nunchaku and the other three fingers should act as aids to the thumb and index finger.
- Other three fingers should remain firm but lose so that the wrist can do most of the work and not the forearm.

Carrying:

- There are many ways to carry the nunchaku including open and concealed methods.
- In this course we will begin with carrying the nunchaku: 1) tucked into our belt on our weak side with nunchaku handles together and chain end pointed down to the floor for a cross draw w/regular grip; or 2) Nunchaku tucked into our belt on our strong side and chain end pointed up for same side draw with regular grip.
- As you get more advanced you can pick a different carrying position that works for you. The most important thing is that the Nunchaku is secured, and you feel comfortable.

TECHNIQUES (WAZA)-

Stances (Tachi Waza) Holding Nunchaku:

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

Kicks (Geri Waza) Holding Nunchaku:

- Front Groin Kick (using instep of foot)
- Front Thrust Kick (using ball of the foot)
- Side Kick (using the blade of the foot)

Basic Open Nunchaku Striking Techniques (Ate Waza):

- Simple Up
- Simple Down
- Arm Switch
- Outward Figure Eight Strike
- Side Swing
- Side Strike
- Front Strike

Basic Nunchaku Blocks (Uke Waza):

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

Falling Techniques (Ukemi Waza):

Student must demonstrate Falling Techniques (Ukemi Waza) with one Nunchaku in left or right hand as well as with Nunchaku secured in belt as a carrying position:

- Front Fall (Mae Ukemi)
- Side Fall (Yoko Ukemi)
- Back Fall (Ushiro Ukemi)
- Rolling Falls (Zempokaiten Ukemi)
- Ability of being thrown without obtaining injuries (Ukemi Waza)

Closed Nunchaku Striking Techniques (Ate Waza):

A. Nunchaku Spear
B. Nunchaku Back Smash
C. Nunchaku Hammer (Lower End and Slap Variation)

Self Defense Techniques (Goshinjitsu):

1. Student must demonstrate 2 White Belt Self-defense against a hook punch using closed nunchaku. (Each technique will include a block, counter with take-down or throw, followed by a control hold or strike utilizing the nunchaku.)

2. Student must demonstrate pivoting out of the way of an attack with nunchaku in hand (Taisabaki – Body Movements)

3. Student to gain basic understating of impact striking areas with nunchaku that can cause more or less trauma, as well as how to strike those areas i.e glancing or linier strikes.

Throwing Techniques (Nage Waza):

1. Major Outer Reaping O Soto Gari oh-soh-toh-gah-ree

Formal Exercise (forms) - Kata:

Linked Kata 1(WNA) – Corresponding Strikes

Linked Kata 2(WNA) – Corresponding Strikes

ORANGE BELT (5TH CLASS) -

GENERAL REQUIREMENTS:

1. Student should be of good moral character and accepted as such by a recognized dojo/learning platform authorized to teach ***KFNJ.***
2. There is no age requirement.
3. Student should have been examined by a KFNJ or Virtual Nunchaku Certified Instructor.
4. Student is required to consistently train and be responsive to instructor feedback and guidance.
5. Student must be a member in good standing or have a **valid subscription to the learning platform VirtualNunchaku.Com** or an authorized dojo such as but not limited to Baker's Red Iron Dragon Karate Academy.
6. Minimum time in grade & training requirement as a Yellow Belt, two months.

GENERAL KNOWLEDGE:

Understand the Purpose of:

English	Japanese	Pronounced
Body Movement/ Pivoting	Tai Sabaki	tehee sah-bah-kee

General Terminology & Phases

English	Japanese	Pronounced
Master Teacher	Shihan	shee-han
1. Shout (Union of Energy)	Kiai	kee-ahee
2. Place of Learning	Dojo	doh-joh
3. Throwing	Nage	nah-geh
4. Vital Point Techniques	Atemi Waza	ah-teh-mee wah-zah

TECHNIQUES (WAZA) -

Students will demonstrate the following techniques:

I. All techniques from previous level.

II. **Blocks (Uke Waza)**

- Student Must Demonstrate Basic Closed Nunchaku Blocks.
  - Closed Nunchaku Middle Outside Block
  - Closed Nunchaku Middle Inside Block
  - Closed Nunchaku Downward Block
  - Closed Nunchaku Head Block or Upper Block
  - Closed Nunchaku X or Cross Block

- Student Must Demonstrate Basic Open Nunchaku Blocks
  - Inward Figure Eight Block
  - Open High Block
  - Open Low Block

- Open Side Block
- Thrust Block

C. Empty Hand Block

- Knife Hand Block

Striking Techniques (Ate Waza):

1. Palm Heel Strike/Iron Palm
2. Reverse Punch
3. Elbow Variation - Rising/Downward/Rearward

Kicking Techniques (Geri Waza):

(Improved ability demonstrating the following techniques)

1. Front Kick with Nunchaku in Hand
2. Rising Knee with Nunchaku in Hand

Joint Locking Techniques (Kansetsu Waza):

1. Basic Wrist Lock Walk Along with Nunchaku
2. Ebow Press/Arm Bar Utilizing Nunchaku

Breakfalling Techniques (Ukemi Waza):

Rolling Breakfalls with Nunchaku in Hand	(Zempo Ukemi)	zehm poh oo-keh-mee

Throwing Techniques (Nage Waza):

Major Hip Throw	O Goshi	oh-goh-shee

Throw conducted with Nunchaku in hand and finished with:

1) Rear choke utilizing Nunchaku

2) Opened Nunchaku Strike
3) Closed Nunchaku Strike

Self Defense Techniques (Goshinjitsu):

1. Improved ability of the previous requirements.

2. Students will demonstrate 2 “Basic” self-defenses from a straight punch with Nunchaku in Belt Carrying Position, utilizing empty hand blocks with take-down or throw, followed by a control hold or strike. (Nunchaku not to be used here)

3. Students will demonstrate 2 “Basic” self-defenses from a straight punch utilizing a closed Nunchaku block and open block, with take-down or throw, followed by a control hold with nunchaku or strike with nunchaku.

Formal Exercise (forms) - Kata:

Linked Kata 3 (WNA) – Corresponding Strikes

Linked Kata 4 (WNA) – Corresponding Strikes

PURPLE BELT – (4TH CLASS)

GENERAL REQUIREMENTS:

1. Student should be of good moral character and accepted as such by a recognized dojo/learning platform authorized to teach ***KFNJ.***
2. There is no age requirement.
3. Student is required to consistently train and be responsive to instructor feedback and guidance.
4. Student must be a member in good standing or have a **valid subscription to the learning platform VirtualNunchaku.Com** or an authorized dojo such as but not limited to Baker’s Red Iron Dragon Karate Academy.
5. Student should have been examined by a KFNJ or Virtual Nunchaku Certified Instructor.
6. Minimum time in grade & training requirement as an Orange Belt, 3 months.

7. Significant increase in Nunchaku ability to intermediate skill level when compared to Yellow Belt Level

GENERAL KNOWLEDGE:

Purpose of Warming Up and Cooling Off
Stretching Exercises to Improve Flexibility & Prevent Injury
Controlling One's Breathing

Vital Point Techniques (Atemi Waza)

A. Basic Anatomy of The Body – Student Must Name All Impact Areas as Shown in the Hawkins 2015 Report
B. Appropriate Use of Force Guidance –
   1) Maximum Defense vs Minimum Force Necessary to Stop the Threat
   2) Impact/Target Areas and Selection = Red, Yellow, or Green
C. Strike Selection (Glancing vs. Liner)

Stances (Tachi Waza):

1) Cat stance
2) Hook Stance/Twist Stance

General Footwork:

Footwork 1:	Moving in grid pattern. Hands on hips, start in forward stance, stepping through and turning, and pivoting back to the opposite direction.
Footwork 2:	Start in forward stance with inward 8 block, side swing and step through and turn with an inward 8 block, Repeat.
Footwork 3:	Front strike and pivot in circle
Footwork 4:	Strike to the side and turn to the opposite side
Footwork 5:	Front strike from horse stance to the rear and turn to the front
Footwork 6:	Starting in natural stance - Left open side block and stepping to the right into front stance
Footwork 7:	Starting in natural stance - Right open side block and stepping to the left into front stance
Footwork 8:	Starting in front stance – High block, shuffle step forward, low block and reverse low to high

Footwork 9: Starting in natural stance or ready position - Left closed side block (chuck in right hand and pushing attacker's hand/knife to the left) and stepping to the right into hook stance

Footwork 10: Starting in natural stance or ready position - Right closed side block (chuck in right hand and pushing attacker's hand/knife to the right) and stepping to the left side into cat stance

Combination Ending # 1 - (Ending of Blitz Kata version 1)

Combination Ending # 2 - (Ending of Blitz Kata version 2)

Other Learning Requirements:

- Understand why the footwork in the grid pattern so important
- Name & demonstrate 7 open nunchaku techniques thrown from under the arm
- Explain the number of combos available from under 1 arm

Forms (Katas):

Blitz Kata – Original/Hawk Variant

General Terminology & Japanese Phases

English	**Japanese**	**Pronounced**
Hand Techniques	Ate Waza	ah-teh wah-zah
Foot Techniques	Ashi Waza	ah-shee wah-zah
Grappling	Katame	kah-tah-meh
Break-Falling	Ukemi	oo-keh-mee
Begin	Hajime	hah-jee-meh

TECHNIQUES (WAZA) -

Students will demonstrate the following techniques:

Striking Techniques:

All Previous.

Kicking Techniques (Geri Waza):

1) Front Kick with Ball of Foot & Nunchaku in Hand (Mae Geri) followed by glancing nunchaku strike

2) Back Kick with Nunchaku in Hand (Ushiro Geri) followed by glancing nunchaku strike

3) Side Kick with Nunchaku in Hand (Yoko Geri) followed by glancing nunchaku strike

Blocking Techniques (Uke Waza):
Knife Hand Block followed by Nunchaku Strike Thrown by Opposite Hand

Breakfalling Techniques (Ukemi Waza):

Improved ability of the previous techniques

Throwing Techniques (Nage Waza):

1) One Arm Shoulder Throw W/Nunchaku in Belt
2) Collar Throw W/Nunchaku in Belt

Self Defense Techniques – (Goshinjitsu):

A) Students will demonstrate 2 "Basic" self-defense techniques for each type of attack:
1) Hook Punch

2) Straight Punch
3) Straight Thrust with a Knife

(Each technique will include a block, counter with take-down or throw, followed by a control hold or strike utilizing the nunchaku)

Strangulation Techniques (Shime Waza):

1. Bare Arm or Naked Choke (Hadaka Jime)
    a. Standing Position
    b. From the Ground

2. Student to demonstrate Front Choke from a Ground Position (open nunchaku and closed nunchaku)

3. Rear Choke from Standing and Ground Position (open nunchaku and closed nunchaku)

BLUE BELT (3RD CLASS)-

Student Level: Intermediate Practitioner

GENERAL REQUIREMENTS:

1. Student should be of good moral character and accepted as such by a recognized dojo/learning platform authorized to teach ***KFNJ.***
2. There is no age requirement.
3. Student should have been examined by a KFNJ or Virtual Nunchaku Certified Instructor
4. Student is required to consistently train and be responsive to instructor feedback and guidance.
5. Student must be a member in good standing or have a **valid subscription to the learning platform VirtualNunchaku.Com** or an authorized dojo such as but not limited to Baker's Red Iron Dragon Karate Academy.
6. Students proficiency with nunchaku should be increasing
7. Minimum time in grade & training requirement as a Purple Belt, 3 months

GENERAL KNOWLEDGE:

1. **KFNJ** Belt Rank System by belt colors.
2. English & Japanese terminology for ranks through 10th Dan:
    a) Shodan 1st, Nidan 2nd, Sandan 3rd, Yodan 4th, Godan 5th, Rokudan 6th, Shichidan 7th, Hachidan 8th, Kudan 9th, Judan 10th.

General Terminology & Japanese Phases:

English	Japanese	Pronounced
Upper	Jodan	joh-dahn
Middle	Chudan	choo-dahn
Lower	Gedan	geh-dahn
Stance	Dachi	dah-chee
Strangling or Choking	Shime	shee-may

TECHNIQUES (WAZA) -

Basic Open Nunchaku Techniques:

Arm switch behind

Reverse behind arm switch

Reverse front arm switch

Reverse around the neck

Simple down & around

Diagonal up

Open Nunchaku Combinations (Renraku Waza):

Combination 1: Front strike, around the neck, simple up, reverse around the neck, simple up, around the neck part 2, simple up, arm switch, continues on other side

Combination 2: Simple up, simple down and around, reverse behind arm switch, reverse front arm switch, around the neck part 2, simple up arm switch, continues on the other side

Combination 3: Simple up, simple down and around, reverse behind arm switch, diagonal up, arm switch behind, simple up, simple down (or side swing) continues on the other side

Combination 4: Simple up, simple down and around, reverse behind arm switch, diagonal up, arm switch, side swing (or simple down), inward figure 8 block, simple up, continues on the other side

Forms (Katas):

1. The Blitz 2 Kata
2. The Shuffle Kata
3. Hawkins 1 – Short Form Kata

Striking Techniques:

1. Begin developing ability to strike an object with Nunchaku while managing/eliminating recoil or bounce back

2. Any other techniques requested by promoting instructor

Throwing Techniques (Nage Waza):

Two Arm Shoulder Throw (Morote Seionage) Followed by Nunchaku Strike or Choke

Self Defense Techniques (Goshinjitsu):

- Students will demonstrate a "Basic" self-defense technique for each type of attack, first for the purpose of showing proper form followed by a second showing with speed & power.
- Each technique will include block, escape or counter with take-down or throw & control hold or strike.

1) Front Bear Hug Attack (arms free with Nunchaku)
2) Rear Bear Hug Attack (arms free with Nunchaku)

GREEN BELT (5TH CLASS)

GENERAL REQUIREMENTS:

1. Student should be of good moral character and accepted as such by a recognized dojo/learning platform authorized to teach ***KFNJ.***
2. There is no age requirement.
3. Student should have been examined by a **KFNJ** or Virtual Nunchaku Certified Instructor
4. Student is required to consistently train and be responsive to instructor feedback and guidance.
5. Student must have increased proficiency in all techniques
6. Student to show leadership abilities in helping to teach others
7. Student must be a member in good standing or have a **valid subscription to the learning platform VirtualNunchaku.Com** or an authorized dojo such as but not limited to Baker's Red Iron Dragon Karate Academy.

Minimum time in grade & training requirement as a Blue Belt, 3 months

General Knowledge:

1. Understanding the purpose of breakfalling. (Ukemi).
2. Understanding of " Ki" Energy (Pronounced "Chi" in Chinese)
    a. An Intangible Energy
    b. The Result of Mental Focus and Intent

Understand Fundamentals of:

- Understand the basic concept of shaking your opponent's balance & technique execution when he/she is off-balance.
- Understand the training concept of the "Attacker" (Uke) & the "Defender" (Tori).

Double Nunchaku Basic Techniques:

- Alternating Outward Figure 8 Strikes
- Downward Diagonal Strikes

- Rhythm Move
- Alternating front strikes
- Double strikes
- Adjust the chucks-technique

Double Nunchaku Combinations:

Combination 1:	Right and left cross strikes, right and left downward diagonal strikes, right and left outward figure 8 strikes
Combination 2:	Right and left outward figure 8 strikes, right and left front strikes
Combination 3:	Right and left rhythm move, right and left downward diagonal strikes, right and left outward figure 8 strikes, right and left front strikes, right and left outward 8 eight strikes
Combination 4:	Half combo
Combination 5:	Full combo

Nunchaku Footwork:

Footwork 1:	Using one nunchaku, from side stance, step forward with a front strike, pivot with a simple up and side swing, step and turn back to side stance (opening of dragons kata)
Footwork 2:	Using double nunchakus, from side stance, step forward with double front strikes, pivot with a adjust the chucks, step and turn back to side stance (opening of double dragons kata)
Forms:	Double Dragons Kata

Techniques (Waza) -
Students will demonstrate the following techniques:

Vital Point Techniques (Atemi Waza):

Student will point out each of the below "targets" and know the correct methods of striking the target areas, i.e Liner Strike vs. Glancing Strike and trauma level.

Eye	Red Target Area	Highest Level of Resulting Trauma

Knee	Yellow Target Area	Moderate Amount of Resulting Trauma
Back of Neck	Red Target Area	Highest Level of Resulting Trauma
Shoulder	Green Target Area	Minimal Level of Resulting Trauma
Elbow	Yellow Target Area	Moderate Amount of Resulting Trauma

Breakfalling Techniques (Ukemi Waza):
(Student to demonstrate improved ability with and without Nunchaku)

1. Breakfalling Tachi Ukemi
2. Back Roll Breakfalling Ushiro Zempo Ukemi
3. Basic Front Breakfalling Mae Ukemi

Throwing Techniques with Nunchaku In Hand (Nage Waza):

Minor Outside Reaping Throw	Ko Soto Gari	(koh-soh-toh-gah-ree)
Minor Inside Reaping Throw	Ko Uchi Gari	(koh-oo-chee-ga-ree)

Self Defense Techniques (Goshinjitsu):
Students will demonstrate a self-defense technique for each type of attack, first to display proper form followed by a second demonstration with speed & power. Each technique will include block, counter with take-down or throw & control hold utilizing Nunchaku.

5 Weapons Defenses Utilizing Nunchaku:

- Knife – Slash Across the Body
- Knife – Overhead Cut
- Knife – Straight Thrust to Midsection
- Bat – Overhead Attack
- Bat – Across the Boddy

BROWN BELT (1ST CLASS)

Student Level: Advanced Practitioner

General Requirements-

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. Student must be a member in good standing or have a **valid subscription to the learning platform VirtualNunchaku.Com** or an authorized dojo such as but not limited to Baker's Red Iron Dragon Karate Academy.
5. Trained & examined by a certified KFNJ Instructor/Examiner.
6. Minimum time in grade requirement as Green Belt, four months.

General Knowledge-

- Understand the fundamentals of, counters attacks and combination techniques.
- Understand how katas/forms techniques might mimic or be applied to real life combat situation.
- Understand the elements/meaning of the ***Ken-Fu Nunchaku Jutsu™*** system patch

Understand Fundamentals of:

- Understand the fundamental concept of "Movement Strategy" and taisabaki waza in Ju-Jitsu and Ed Parker's Kenpo Clock System (Angles of Attack and Evasion).

- Understand the fundamental "key" points of all Nunchaku techniques and how to perform with maximum efficiency and an increased ability to begin teaching others.

- Gain Introductory Kumite skills with and without Nunchaku as supplemental training. (Kumite should be conducted with proper protective gear and foam Nunchaku)

General Terminology & Japanese Phases

English	Japanese	Pronounced
2. Attacker (in training)	Uke	oo-keh
3. Defender (in training)	Tori	toh-ree

4. Repetition Fitting	Uchi-Komi Practice	oo-chee-koh-mee

Techniques Waza:

Students will demonstrate the following techniques:

1. Major Inside Sweep (O-Uchi-Gari)
2. Jump Front Thrust Kick (Tobo Mae Geri)

Kicking Techniques (GERI WAZA) With Nunchaku in Hand:

Roundhouse Kick	Mawashi Geri	mah-wah-shee geh-ree
Inside Crescent Kick	Uchi Mikazuki Geri	oo-chee mee-kah-zookee geh-ree

Necklock or Choking Techniques (Shime Waza):

Improved ability with front & rear Nunchaku chokes (closed & open)

Breakfalling Techniques (Ukemi Waza):

Proficient Ability with All of The Following:

Front Breakfalling	Mae Ukemi	mah-eh oo-kehmee
Forward Roll Breakfalling	Zempo Kaiten Ukemi	zehm-poh kahee-tehn oo-kehmee

Self Defense Techniques (Goshinjitsu):
Nunchaku-Ka will demonstrate a self-defense technique for each type of attack, first for the purposes of demonstrating good form" & "second with speed & power". Each technique will include block, counter with take-down or throw & control hold utilizing Nunchaku.

- Improved ability on all previous self-defense requirements

- Front Bear Hug Attack (arms locked with Nunchaku in hand)
- Rear Bear Hug Attack (arms locked with Nunchaku)

Single Nunchaku Flow Techniques:

Basic Hand roll:

- Left to Right Horizontally Across the Body
- Up and Down Vertically
- Understand the difference in utilizing the handroll for freestyle competition and combat.
- Utilizing Hand roll to change from regular to inverted grip.

Double Nunchaku Basic Techniques:

- Speed technique
- Step and swing-technique

Single Nunchaku Combinations:

Combination 1: Front strike with around the neck combo, reverse around the neck, simple up, around the neck part 2, simple up, arm switch, continues on the other side

Double Nunchaku Combinations:

Combination 1: Step and swing-techniques, half combo, continues

Combination 2: Right outward figure eight strike, front kick, full combo

Combination 3: Switch from single to double nunchaku during strikes standing in horse stance

Combination 4: Switch from single to double nunchaku during strikes while moving

Forms (Katas):

The Dragons Kata

The Circle Kata

Hawk 1 – Long Form Kata

Double Hawk 2

BLACK BELT, 1ST DEGREE (Shodan)

1st Level – (Sensei):

GENERAL REQUIREMENTS:

1. Sound moral character.
2. Minimum age - 16 years old.
3. Regular dojo attendance and training.
4. **Member with active subscription to KFNJ learning platform or authorized dojo.**
5. Trained & examined by a certified **KFNJ** Instructor/Examiner.
6. Minimum time in grade requirement as Brown Belt, 9 Months.
   - Normal time in grade as Brown Belt: 12-16 Months
7. **Write an essay (approx. 600 words)** on how the Ken-Fu Nunchaku System has helped you meet your personal objectives as it relates to the martial arts and include something you would like to add to the KFNJ system as a Sensei in your own dojo.
8. Student must review and display high level of confidence with all previous material.

GENERAL KNOWLEDGE:

- Understand the relationship between Ken-Fu Nunchaku Jutsu & physical/mental fitness.
- Understand the **KFNJ** Rank System with the significance of each belt level.
- Understand Basic Resuscitation Techniques (CPR Course Optional)
- Complete Understanding of Basic Human Anatomy as it Relates to Nunchaku Impact Areas and Red, Green, and Yellow Target Overlay
- Safe Handling and Training of Nunchaku
- Basic Understanding of Various Japanese Terminology

TECHNIQUES (WAZA) -

Students will demonstrate the following techniques:

Striking Techniques (Ate Waza);

Improved ability in all previous Striking Techniques

Kicking Techniques (Geri Waza):

Improved Ability in All Previous Kicking Techniques.

Blocking Techniques (Uke Waza):
Improved Ability in All Previous Blocking Techniques.

Vital Point Techniques (Atemi Waza):
(Nunchaku-Ka will point out each of the below "targets", know the correct methods of striking the target areas and its color designation.)

1. Improved ability in all previous Vital Point Techniques and Impact/Target Area Selection.
2. Spine C-7
3. Kidney
4. Coccyx
5. Calf

Choking Techniques (Shime Waza):

Improved ability in all previous Choking Techniques

Joint Locking Techniques (Kansetsu Waza):

Ability to use Joint Locking Techniques in Self-Defense applications with Nunchaku.

Self Defense Techniques (Goshinjitsu):
1. Improved ability on all previous Self Defense Technique requirements to a high level of proficiency
2. Basic Defense Techniques with Nunchaku for Two or More Attackers

Footwork & Movement:

1. Ultimate technique exercises using the grid pattern for these techniques.
2. Adjusting the Chakus technique to all four sides
3. The step and swing technique- Again to all sides like the previous technique.
4. The step through half combo technique- Again to all sides

Combinations (Renraku Waza):

The student to do the following combinations:

- Combination technique for the step and swing technique-- i.e.. left outward 8 strike followed by a right hand outward 8 strike- left cross strike then right cross strike with adjust the chakus- then double strikes- then another left, right cross strikes and adjust the chakus

- Student to perform the above combination technique in a forward stance, then a horse stance and then in a circle using the right foot as a pivot foot as they turn in the circle. Do it in two circles, then one circle.

- Student to break down the main full combination using a box on the floor and demonstrate an understanding of how this combination can be broken down to all four sides and from back to front *(Back to front is the technique we use in the advanced forms- half of the combo to the rear and then we turn and adjust our feet and do the balance of the combo back to the front.)*

Forms (Kata):

1. Student to make up his or her own open form, name the form and perform it.
2. Student to perform the Ultimate form
3. Student to perform the Reverse Combination

Advanced Techniques:

Demonstrated ability to strike fixed object consistently swinging from both right and left sides with nunchaku while eliminating recoil or bounce back utilizing the following strikes:
1) Front Strike
2) Side Strike
3) Around the neck part 1
4) Diagonal Up

Other Requirements:
Additional Material as required by promoting instructor.

Student is required to know all previous material

BLACK BELT, 2ND DEGREE (Nidan)

2nd Level – (Sensei):

GENERAL REQUIREMENTS:

1. Sound moral character.
2. Minimum age - 18 years old.
3. Regular dojo attendance and training.
4. Student must be a member in good standing or have a **valid subscription to the learning platform VirtualNunchaku.Com** or an authorized dojo such as but not limited to Baker's Red Iron Dragon Karate Academy.
5. Trained & examined by a certified **KFNJ** Instructor/Examiner.
6. Minimum time in grade requirement as Shodan, 1 year.
7. Normal time in grade requirement as Shodan, 1-2 years

GENERAL KNOWLEDGE:

1. Ability to explain "What is Ju-Jitsu" in a comprehensive manner.
2. Write an essay (approx. 500 words) on Vital Point Techniques/Impact Areas and Strike Selection as relate to Nunchaku.

General Terminology & Japanese Phases:

English	Japanese	Pronounced
To The Right	Migi	mee-gee
To The Left	Hidari	hee-dah-ree
It's Straight Ahead	Masugu Saki	mah soo goo sah-kee

TECHNIQUES (WAZA) -

Students will demonstrate the following techniques:

Striking Techniques (Ate Waza);

Improved ability in all previous Striking Techniques

Kicking Techniques (Geri Waza):

Improved Ability in All Previous Kicking Techniques.

Blocking Techniques (Uke Waza):
Improved Ability in All Previous Blocking Techniques.

Choking Techniques (Shime Waza):

Improved ability in all previous Choking Techniques

Joint Locking Techniques (Kansetsu Waza):

Ability to use Joint Locking/Control Techniques in Self-Defense applications with Nunchaku.

Self Defense Techniques (Goshinjitsu):

- Improved ability to demonstrate & teach all previous Self-Defense requirements.
- 3 Basic "Empty Hand" Gun Defense (Nunchaku in Belt)
- 3 Multi-Attacker Defenses up to 5 attackers.
- 2 Basic Nunchaku Defenses from seated position
- The ability to extrapolate defenses beyond the fixed system techniques to other potential scenarios.
- Advanced Kumite skills With and Without Nunchaku (recommended as supplemental training).

Combinations (Renraku Waza):

A. Student to perform the Nunchaku combination techniques for the spin and swing technique from the 1st Dan Black Belt test. *(left outward 8 strike followed by a right outward 8, followed with a left cross strike then right cross strike and adjust the chakus, then double strikes, left cross strike, right cross strike and adjust the chakus)*

    a. Student to perform this technique as follows:
        i. In a Forward Leaning Stance
        ii. In a horse stance
        iii. In a circle- one circle, then two circles (the right foot is the pivot foot)

iv. Student to demo the same strikes from this combo technique in any sequence or order
v. Student must understand that all of the strikes can be thrown in any sequence they desire, because the Nunchakus always come back to the adjustment position

B. Student to explain and demo how they can change directions from the forward stance with proper footwork using:
   a. The Step and Swing Technique
   b. The cross strikes
   c. The double strikes,
   d. The half combo

BLACK BELT, 3RD DEGREE (Sandan)

3rd Level – (Sensei):

Note: Persons holding this rank and above are authorized to promote the Nunchaku-Ka to the rank of 1st Degree Black Belt in a traditional dojo environment. However, be aware that promotions not issued or validated by Virtual Nunchaku or Shihan Hawkins Directly will not be recognized by partnering international Martial Arts Organizations.

General Requirements:

1) Be an Assistant Instructor of **Ken-Fu Nunchaku Jutsu™** via VirtualNunchaku.Com and/or an Authorized Dojo.
2) Minimum age - 20 years old.
3) Sound moral character.
4) Regular dojo attendance and training.
5) **Member in good standing with active subscription to Virtual Nunchaku or Authorized Dojo**.
6) Trained & examined by a certified KFNJ Instructor/Examiner.
7) Minimum time in grade requirement as 2nd Degree Black Belt, 2 years. Normal time in grade requirement as a 2nd Degree Black Belt, 2-4 years

General Knowledge:

1. Extensive knowledge & understanding of **KFNJ** business structure:
   a. Purpose or Mission
   b. Primary Leaders

c. Rank Policy
d. Relationship with other Martial Arts and Organizations
e. Light Understanding of the Administrative Process

TECHNIQUES WAZA -

Demonstrate the following techniques:

Striking Techniques (Ate Waza):

1) Ability to Demonstrate & Teach **All** Previous Striking Techniques with Strong Technical Skill.
2) Student to Perform Their Own Spin and Swing Technique
3) Demo the Strikes Of The Ultimate Self-Defense Technique (Outward 8 strikes, Cross strikes, Double strikes Half combo)
    a. Student to demo and express an understanding that you do not have to adjust the nunchakus after throwing the strikes here because the strikes come back to you in the adjustment position.
    b. Student must understand that this means that the next strike is faster because it comes directly form the same adjusted position.

Combinations (Renraku Waza) & Footwork:

- Ability to Demonstrate & Teach **All** Previous Combinations & Footwork with Strong Technical Skill

- With solid technique form and speed - inward 8 block with right hand, then half combo-no adjustment, then cross strikes (front or side strikes depending on position) starting with the left arm then right arm and adjust the nunchakus, then inward 8 block(right hand) followed by outward 8 strike (left hand) then right hand outward 8 strike, then cross strikes (front or side strikes depending on position) starting with the left arm then right arm and adjust the Nunchakus, then double strikes, then cross strikes again and adjust the nunchakus.

- Student to perform these strikes in a circle and only adjust the Nunchakus after throwing the cross strikes.

Forms (Katas):

- Student to perform the original Ultimate Combo Form and the Alternative ending using two nunchakus. (starts with the double nunchaku combination but after the first half-

combo, you insert the speed technique and then you go ahead and do the balance of the combo)
- Dragons 2

Kicking Techniques (Geri Waza):

Ability to Demonstrate & Teach **All** Previous Kicking Techniques with Strong Technical Skill.

Blocking Techniques (Uke Waza):

Ability to Demonstrate & Teach **All** Previous Blocking Techniques With Strong Technical Skill.

Vital Point Techniques (Atemi Waza):

Ability to Demonstrate & Teach All Previous Vital Point/Impact Target Areas With Strong Technical Skill.

Choking Techniques (Shime Waza):

Improved ability in all previous Choking Techniques.

Joint Locking Techniques (Kansetsu Waza):

Ability to demonstrate & teach all previous Joint Locking & Control/Compliance Holding Techniques with strong technical skill.

Throwing Techniques (Nage Waza):

Ability to demonstrate & teach all previous Throwing Techniques followed by a Nunchaku strike or compliance hold/lock with strong technical skill

Self Defense Techniques (Goshinjitsu):

1. Ability to demonstrate & teach all previous Self Defense Techniques with strong technical skill.
2. Improved ability in the overall **Ken-Fu Nunchaku Jutsu™** form

OTHER REQUIREMENTS:
A working understanding of wide variety of “Angles of Execution” with Nunchaku
As required by promoting instructor.

BLACK BELT, 4TH DEGREE (YONDAN)

4th Level – (Senior Sensei):

GENERAL REQUIREMENTS:

1. Be an Associate Teacher of **KFNJ** via VirtualNunchaku.com or Authorized Dojo
2. Minimum age - 25 years old.
3. Sound moral character.
4. Regular dojo attendance and training.
5. **Active subscription to VirtualNunchaku.com or in good standing with a KFNJ authorized dojo**.
6. Trained & examined by a certified **KFNJ** Instructor/Examiner.
7. Minimum time in grade requirement as 3rd Degree Black Belt, 3 years.
8. Normal time in grade requirement as Sandan, 3-5 years

Understand Advanced Theories of:

- What it means to “be like the water” as taught by Professor Harry Baker.
- What is “economy of Motion” as taught by Ed Parker.

Write an essay (approx. 600 words) on the above topics.

TECHNIQUES (WAZA)

Demonstrate the following techniques:

Kicking Techniques (Geri Waza):

Ability to Demonstrate & Teach **All** Previous Kicking Techniques with Strong Technical Skill.

Blocking Techniques (Uke Waza):

Ability to Demonstrate & Teach **All** Previous Blocking Techniques with Strong Technical Skill.

Vital Point Techniques (Atemi Waza):

Ability to Demonstrate & Teach All Previous Vital Point/Impact Target Areas with Strong Technical Skill.

Choking Techniques (Shime Waza):

Improved ability in all previous Choking Techniques.

Joint Locking Techniques (Kansetsu Waza):

Ability to demonstrate & teach all previous Joint Locking & Control/Compliance Holding Techniques with strong technical skill.

Throwing Techniques (Nage Waza):

Ability to demonstrate & teach all previous Throwing Techniques followed by a Nunchaku strike or compliance hold/lock with strong technical skill

Self Defense Techniques (Goshinjitsu):

1. Ability to demonstrate & teach all previous Self Defense Techniques with strong technical skill.
2. Improved ability in the overall **Ken-Fu Nunchaku Jutsu™** form

Other Requirements:
As required by promoting instructor.

Fighting Techniques (Kumite Waza):

Continued advanced Kumite skills (recommended as supplemental training).

BLACK BELT, 5TH DEGREE (Godan)

5th Level – (Master):

General Requirements:

1. Active Teacher & Leader of ***Virtual Nunchaku/Ken-Fu Nunchaku Jutsu***
2. Minimum age - 30 years old.
3. Excellent moral character.
4. Regular dojo attendance and training.
5. **Member with active subscription VirtualNunchaku.Com or member in good standing with other KFNJ authorized dojo**.
6. Trained & examined by a certified **KFNJ** Instructor/Examiner.

7. Minimum time in grade requirement as 4th Degree Black Belt, 4 years.
8. Normal time in grade requirement as 4th Degree Black Belt, 4-6 years

Understand Advanced Theories of:

1. Understand the "Thick Face Black Heart – The Warrior Philosophy for Conquering Life and Business " by Chin-Ning Chu

2. Write an essay (approx. 1000 words) on the above topic and how it relates to the martial arts.

TECHNIQUES (WAZA) -
Demonstrate the following techniques:

Kicking Techniques (Geri Waza):

Ability to Demonstrate & Teach **All** Previous Kicking Techniques with Strong Technical Skill.

Blocking Techniques (Uke Waza):

Ability to Demonstrate & Teach **All** Previous Blocking Techniques with Strong Technical Skill.

Vital Point Techniques (Atemi Waza):

Ability to Demonstrate & Teach All Previous Vital Point/Impact Target Areas with Strong Technical Skill.

Choking Techniques (Shime Waza):

Improved ability in all previous Choking Techniques.

Joint Locking Techniques (Kansetsu Waza):

Ability to demonstrate & teach all previous Joint Locking & Control/Compliance Holding Techniques with strong technical skill.

Throwing Techniques (Nage Waza):

Ability to demonstrate & teach all previous Throwing Techniques followed by a Nunchaku strike or compliance hold/lock with strong technical skill

Self Defense Techniques (Goshinjitsu):

Ability to demonstrate & teach all previous Self Defense Techniques with strong technical skill.

OTHER REQUIREMENTS:

Read, fully understand and retain all information as written in **Shihan Hawkins' April 13, 2015 Nunchaku Thesis** incorporated here by reference to from part of the Rank Requirements contained herein**.**

Create or demonstrate 100 different Nunchaku strikes and document same on video.

As required by promoting instructor.

Continued advanced Kumite skills (recommended as supplemental training).

BLACK BELT, 6TH DEGREE (Rokudan)

6th Level: (Master) – "National Leader of Ken-Fu Nunchaku Jutsu"

General Requirements:

1. Be an Active Teacher & Leader of ***Ken-Fu Nunchaku Jutsu™***.
2. Minimum age - 35 years old.
3. Outstanding moral character.
4. Regular dojo attendance and training.
5. **Member in good standing or active subscription to Virtual Nunchaku, Baker's Red Iron Dragon Kenpo Karate Academy or other KFNJ authorized body**.
6. Trained & examined by a certified **KFNJ** Instructor/Examiner.
7. Minimum time in grade requirement as 5th Degree Black Belt, 5 years.
8. Normal time in grade requirement as 5th Degree Black Belt, 6-8 years.

Understand Advanced Theories of:

Teaching/Demonstrating "**Methods of Execution**"[3] with Nunchaku in a dojo setting and via video instruction-

1. **Closed Nunchaku Methods**
    a. Blocking Techniques
    b. Parrying Techniques
    c. Striking Techniques
    d. Thrusting Techniques
    e. Poking Techniques
    f. Hooking Techniques
    g. Locking Techniques
    h. Chocking Techniques
    i. Others

2. **Open Nunchaku (Flailing)**
    a. Blocking Techniques
    b. Parrying Techniques
    c. Striking Techniques
        1) Linear Strikes
        2) Circular Strikes
        3) Combined Linear and Circular Strikes

3. **Closed Nunchaku Combined with Natural (empty hand) Weapons**
    a. Handheld Blocks with Natural Weapons if the Arm
    b. Handheld Blocks with Natural Weapons of the Leg
    c. Handheld Blocks with Natural Weapons of the Leg and Arm

4. **Open Nunchaku Methods Combined with Natural Weapons**
    a. Flailing Blocks with Natural Weapons of the Arm
    b. Flailing Blocks with Natural Weapons of the Leg
    c. Flailing Blocks with Natural Weapons of the Leg and Arm

5. **Closed Handheld Combined with Open Flailing Methods**

6. **Closed Handheld, Open Flailing, Combined with Natural Weapons**

[3] Methods of Execution as seen in *Ed Parker's Guide to The Nunchaku, Edmund K. Parker/Kam IV, Inc. 2006*, but with slight modification.

Techniques Waza -

Students will demonstrate the following techniques:

Striking Techniques (Ate Waza):

Expert demonstration & teaching skills in Ate Waza.

Kicking Techniques (Geri Waza):

Expert demonstration & teaching skills in Geri Waza.

Blocking Techniques (Uke Waza):

Expert demonstration & teaching skills in Uke Waza.

Vital Point Techniques (Atemi Waza):

(Able to point out all "targets/Impact Areas", know the correct methods of striking the target areas and Trauma Target Area Color.)

Expert demonstration & teaching skills in Atemi Waza.

Choking Techniques (Shime Waza):

Expert demonstration & teaching skills in Shime Waza

Locking Techniques:

Expert demonstration & teaching skills in Kansetsu Waza

Throwing Techniques (Nage Waza):

Expert demonstration & teaching skills in Nage Waza

Self Defense Techniques (Goshinjitsu):

1. Improved ability in Goshinjitsu

BLACK BELT, 7TH DEGREE (Shichidan)

Master Level: (Shihan) "National Leader of Ken-Fu Nunchaku Jutsu"

General Requirements:

1. Be an Active Senior Teacher & Leader of ***Ken-Fu Nunchaku Jutsu™***
2. Minimum age - 40 years old.
3. Outstanding moral character.
4. Regular dojo attendance and training.
5. **Member in good standing with the prevailing Ken-Fun Nunchaku Jutsu ranking authority**
6. Trained & examined by a certified **KFNJ** Instructor/Examiner.
7. Minimum time in Grade requirement as 6th Degree Black Belt is 6 years.
8. Normal time in grade requirement as 6th Degree Black Belt, 8-10 years.
9. Minimum age, 40 years old.

TECHNIQUES WAZA -

An Expert Teacher of all Prior Techniques

OTHER REQUIREMENTS:

Demonstrated Ability to Grow the Ken-Fu Nunchaku System via Outstanding Service to Virtual Nunchaku and recognized KFNJ Dojos

Outstanding Moral Character

Person must be honest and possess personal integrity.

Outstanding Service

- Person must have made original contributions to the theory of Nunchaku, or in teaching Nunchaku.
- Person must actively be teaching Nunchaku and take leadership roles and any books/articles he/she has written on Nunchaku taken into consideration.
- Person must have loyalty to the Virtual Nunchaku and Ken-Fu Nunchaku Jutsu System
- Does this person constantly support the through word and deed?

- Can this person represent the organization in public and demonstrate all of the Rank Requirements of Ken-Fu Nunchaku Justu?

BLACK BELT, 8TH DEGREE (HACHIDAN)

Master Teacher Level: "National Leader of Ken-Fu Nunchaku Jutsu"

- Minimum time in Grade requirement as 7th Degree Black Belt is 7 years
- Normal time in grade requirement as 7th Degree Black Belt, 9-11 years
- Minimum age, 50 years old

OTHER REQUIREMENTS:

Demonstrated Ability to Grow the Ken-Fu Nunchaku System via Outstanding Service to Virtual Nunchaku and recognized KFNJ Dojos

Outstanding Moral Character

Person must be honest and possess personal integrity.

Outstanding Service

- Person must have made original contributions to the theory of Nunchaku, or in teaching Nunchaku.

- Person must actively be teaching Nunchaku and take leadership roles and any books/articles he/she has written on Nunchaku taken into consideration.

- Person must have loyalty to the Virtual Nunchaku and Ken-Fu Nunchaku Jutsu System

- Does this person constantly support the through word and deed?

- Can this person represent the organization in public and demonstrate all of the Rank Requirements of Ken-Fu Nunchaku Justu?

BLACK BELT, 9TH DEGREE (KUDAN)

"Grand Master": "International Leader of Ken-Fu Nunchaku Jutsu"

- Minimum time in Grade Requirement as 8th Degree Black Belt is 8 years
- Normal time in grade requirement an 8th Degree Black Belt, 12-14 years
- Minimum age, 60 years old.

OTHER REQUIREMENTS:

Demonstrated Ability to Grow the Ken-Fu Nunchaku System via Outstanding Service to Virtual Nunchaku and recognized KFNJ Dojos

Outstanding Moral Character

Person must be honest and possess personal integrity.

Outstanding Service

- Person must have made original contributions to the theory of Nunchaku, or in teaching Nunchaku.
- Person must actively be teaching Nunchaku and take leadership roles and any books/articles he/she has written on Nunchaku taken into consideration.
- Person must have loyalty to the Virtual Nunchaku and Ken-Fu Nunchaku Jutsu System
- Does this person constantly support the through word and deed?
- Can this person represent the organization in public and demonstrate all of the Rank Requirements of Ken-Fu Nunchaku Justu?

BLACK BELT, 10TH DEGREE (JUDAN)

"**Grand Master": "World Leader of Ken Fu-Nunchaku Jutsu"**

- Minimum time in Grade Requirement as 9th Degree is 9 years
- Normal time in Grade Requirement as Kudan, 13-16 years
- Minimum age, 70 years old.

OTHER REQUIREMENTS:

Demonstrated Ability to Grow the Ken-Fu Nunchaku System via Outstanding Service to Virtual Nunchaku and recognized **KFNJ** Dojos

Outstanding Moral Character

Person must be honest and possess personal integrity.

Outstanding Service

- Person must have made original contributions to the theory of Nunchaku, or in teaching Nunchaku.
- Person must actively be teaching Nunchaku and take leadership roles and any books/articles he/she has written on Nunchaku taken into consideration.
- Person must have loyalty to the Virtual Nunchaku and Ken-Fu Nunchaku Jutsu System
- Does this person constantly support the through word and deed?
- Can this person represent the organization in public and demonstrate all of the Rank Requirements of Ken-Fu Nunchaku Justu?

Note: *Not all candidates will possess exceptional achievement in every category shown. The goal is to ensure qualified leadership from a technical martial arts perspective while simultaneously setting a positive example for young people and growing the Ken-Fu Nunchaku Jutsu System.*

AMERICAN STYLE NUNCHAKU FEDERATION

TRUE VICTORY IS SELF VICTORY

GROWING THE MARTIAL ARTS COMMUNITY SINCE 1992

CERTIFICATE OF RECOGNITION

BE IT KNOWN THAT

ELDRIDGE T. HAWKINS, JR (FOUNDER)

HAS SUCCESSFULLY ATTAINED SYSTEM RECOGNITION FOR

KEN-FU NUNCHAKU JUTSU

WHICH IS IDENTIFIABLE BY THE SYMBOL FOUND BELOW.

KEN-FU Nunchaku Jutsu

COURAGE

COURTESY

INTEGRITY

HONOR

SPIRIT

PEACE AND POWER

THE ABOVE-NAMED SYSTEM LEADER HAS SUCCESSFULLY COMPLETED ALL REQUIRMENTS INCLUDING A DEMONSTRATION OF NUNCHAKU SKILL AND KNOWLEDGE SUPPLEMENTED BY SUBMISSION OF AN APPROVED MARTIAL ARTS CURRICULUM THAT MEETS THE STANDARDS OF THE AMERICAN STYLE NUNCHAKU FEDERATION.

ON THIS DATE

DECEMBER 14, 2019

Michael A. Burke, 6th

GRANDMASTER MICHAEL BURKE, 6TH DEGREE

FOUNDER & PRESIDENT – AMERICAN STYLE NUNCHAKU FEDERATION

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UNITED STATES MARTIAL ARTS FEDERATION

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UNITED STATES MARTIAL ARTS FEDERATION

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HEREBY ACKNOWLEDGES

KEN-FU NUNCHAKU JUTSU

AS AN OFFICIAL RECOGNIZED SYSTEM

米国武道連盟

USMAF

AS OF DECEMBER 30, 2019

Eldridge T. Hawkins, Jr. - Head of System and the System: Ken-Fu Nunchaku Jutsu are hereby recognized by the rules and regulations of this Federation. This System Recognition Diploma is hereby presented in recognition of the great progress that you have made in developing this system of Nunchaku Jutsu. We congratulate you on this achievement and expect you to endeavor for further progress in the future, remembering that the development of physical, mental, and moral excellence are the primary goals of the Martial Arts. As a holder of this recognition, the Nunchakuka is expected and encouraged to instruct and examine students within the USMAF Rank System; and to exemplify the philosophy, values and discipline of Martial Arts in Life.

BRUCE R. BETHERS, 8th DAN, BHIHAN
President & CEO, USMAF

JOHN F. CHATWOOD 8th DAN, BHIHAN
General Secretary, USMAF

PATRICK M. HICKEY, 9th DAN, HANSHI
Chairman, Technical Committee, USMAF

LAWRENCE A. EMMONS, 6th DAN, RENSHI
Certification Chairman, USMAF

USA Martial Arts Federation™

Since 1967 - The Official Coalition of USA National Martial Arts Organizations

Certificate Number: EH2019-03

BLACK BELT SECURITY & INVESTIGATIONS, LLC

TRAINING DIVISION

WWW.VIRTUALNUNCHAKU.COM

CERTIFICATE OF AUTHORITY

THIS IS TO CERTIFY THAT

GRAND MASTER MICHAEL BURKE, 6TH DAN

HAS SUCCESSFULLY CONTRIBUTED TO THE ESTABLISHMENT OF THE CURRICULUM REQUIREMENTS FOR THE ART OF

KEN-FU NUNCHAKU JUTSU

NECESSARY TO BE RECOGNIZED AND HEREBY CONFIRMED TO THE POSITION OF

TECHNICAL COMMITTEE MEMBER

THIS HONOR HAS BEEN ACHIEVED BECAUSE OF THIS PERSON'S WILLINGNESS TO TEACH OTHERS AND DEVELOP THE MIND AND BODY THROUGH HARD WORK AND DISCIPLINE NEVER FORGETTING THE SPIRIT AND ART OF KEN-FU NUNCHAKU JUTSU. MAY HE OR SHE CONTINUE TO BE HONORABLE IN HIS OR HER WAYS AND PROMOTE THE TRUE MEANING OF MARTIAL ARTS.

ON THIS DATE

DECEMBER 14, 2019

SHIHAN ELDRIDGE HAWKINS, JR, 5TH DAN
Founder of Ken-Fu Nunchaku Jutsu

BE LIKE THE WATER

拳法

Certificate Number: EH2019-02

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THIS IS TO CERTIFY THAT

SHIHAN BRUCE BETHERS, 8TH DAN

HAS SUCCESSFULLY CONTRIBUTED TO THE ESTABLISHMENT OF THE CURRICULUM REQUIREMENTS FOR THE ART OF

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SHIHAN ELDRIDGE HAWKINS, JR, 5TH DAN
Founder of Ken-Fu Nunchaku Jutsu

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Certificate Number: EH2019-01

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CERTIFICATE OF AUTHORITY

THIS IS TO CERTIFY THAT

PROFESSOR HARRY BAKER, JR, 10TH DAN

HAS SUCCESSFULLY CONTRIBUTED TO THE ESTABLISHMENT OF THE CURRICULUM REQUIREMENTS FOR THE ART OF

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ON THIS DATE

DECEMBER 14, 2019

SHIHAN ELDRIDGE HAWKINS, JR, 5TH DAN
Founder of Ken-Fu Nunchaku Jutsu

KEN-FU Nunchaku Jutsu

Certificate Number: EH2019-04

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THIS IS TO CERTIFY THAT

MASTER RODNEY ARMSTRONG, 8TH DAN

HAS SUCCESSFULLY CONTRIBUTED TO THE ESTABLISHMENT OF THE CURRICULUM REQUIREMENTS FOR THE ART OF

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ON THIS DATE

DECEMBER 14, 2019

SHIHAN ELDRIDGE HAWKINS, JR, 5th DAN
Founder of Ken-Fu Nunchaku Jutsu

KEN-FU Nunchaku Jutsu

Certificate Number: EH2019-05

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SHIHAN K. SABU RASHIDI, 7TH DAN

HAS SUCCESSFULLY CONTRIBUTED TO THE ESTABLISHMENT OF THE CURRICULUM REQUIREMENTS FOR THE ART OF

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ON THIS DATE

DECEMBER 14, 2019

SHIHAN ELDRIDGE HAWKINS, JR, 5th DAN
Founder of Ken-Fu Nunchaku Jutsu

KEN-FU Nunchaku Jutsu

Certificate Number: EH2019-06

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THIS IS TO CERTIFY THAT

ELDRIDGE HAWKINS, SR, ESQ., 3RD DAN

HAS SUCCESSFULLY CONTRIBUTED TO THE ESTABLISHMENT OF THE CURRICULUM REQUIREMENTS FOR THE ART OF

KEN-FU NUNCHAKU JUTSU

NECESSARY TO BE RECOGNIZED AND HEREBY CONFIRMED TO THE POSITION OF

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ON THIS DATE

DECEMBER 14, 2019

SHIHAN ELDRIDGE HAWKINS, JR, 5th DAN
Founder of Ken-Fu Nunchaku Jutsu

KEN-FU Nunchaku Jutsu

Certificate Number: EH2019-07

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CERTIFICATE OF AUTHORITY

THIS IS TO CERTIFY THAT

ASHANTI SHAKIR, 1ST DAN

HAS SUCCESSFULLY CONTRIBUTED TO THE ESTABLISHMENT OF THE CURRICULUM REQUIREMENTS FOR THE ART OF

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DECEMBER 14, 2019

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SHIHAN ELDRIDGE HAWKINS, JR, 5th DAN

Founder of Ken-Fu Nunchaku Jutsu

KEN-FU Nunchaku Jutsu