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



Blue Belt Testing Sheet

Demonstrate the following techniques 10 times from front view and side view.

Basic techniques:

- Arm switch behind
- Reverse behind arm switch
- Reverse front arm switch
- Reverse around the neck
- Simple down & around
- Diagonal up

Demonstrate the following combinations 6 times from front view and side view.

- 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



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