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



Brown Belt Testing Sheet

Explain:

- 5 Basic safety rules when swinging nunchaku.

Demonstrate Following Forms 1 time from front view:

Blitz Kata – Original/Hawk Variant

The Blitz Kata # 2 (with/without variation)

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 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



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Demonstrate the following self-defense technique (Nunchaku Jutsu) 2 times from front view and 2 times side view. The first attempt from each direction is done slowly explaining each step of the technique. The second attempt is done with control at regular speed. Foam nunchaku must be utilized:

Self-defense #1 – Defending against a Hook Punch.

Demonstrate Basic Hand Roll 10 times front and side views:

- Left to Right Horizontally Across the Body
- Up and Down Vertically

Explain the difference in utilizing the handroll for competition and combat.

Demonstrate how to utilize a hand roll to change from regular to inverted grip.

Demonstrate Double Nunchaku basic techniques 10 times from front and side views:

- Speed technique
- Step and swing-technique

Demonstrate single nunchaku combinations 10 times from front and side views:

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



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Demonstrate the following double nunchaku combinations from front view and side view:

- 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

Preform the following katas/forms 1 time:

- Double Dragons Kata -
 - Focus on deeper stances, stronger strikes, increased fluidity & speed.
- The Dragons Kata
- The Circle Kata
- Hawkins 1 – Long Form Kata
- Open Form (student's own form using both single and double nunchakus)

STUDENT NOTES:
