



VirtualNunchaku.com

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



Green Belt Testing Sheet

Demonstrate double nunchaku basic techniques 10 times front view and side view -

- Alternating outward figure 8 strikes
- Downward diagonal strikes
- Rhythm move
- Double strikes
- Alternating side strikes
- Adjust the chucks-technique

Demonstrate double nunchaku combinations 5 times front and side view–

- 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



VirtualNunchaku.com

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

Demonstrate Nunchaku Footwork 5 times each front view and side view–

- Footwork 1: Using one nunchaku, from a right backward (rear) leaning stance, step forward with left leg and throw a right-side strike, pivot with a simple up and side swing, step and turn back to a modified forward leaning stance with the right inward 8 block (opening of dragons kata)
- Footwork 2: Using double nunchakus, from right backward leaning, step forward with rear leg (left) followed by left and right-side strikes, pivot to the rear moving the left leg while adjusting the chucks, step and turn back to face front in modified forward leaning stance (opening of double dragons kata)

Demonstrate 1 time with strength and energy the following form:
Double Dragons Kata

STUDENT NOTES:
