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



Purple Belt Testing Sheet

Snap into strong stances 5 times holding that position for at least 10 seconds facing the camera and sideways:

Cat stance

Hook stance

Demonstrate Basic Blocks 10 times facing camera:

Closed high block

Closed low block

Closed side block (left & right)

Demonstrate 10 Kicks with both legs:

Front thrust kick from forward leaning stance holding nunchaku under the rear arm

Front groin kick from cat stance holding nunchaku over shoulder in the simple up position gripping with both hands

Demonstrate Footwork #1 facing camera and side view:

Moving in grid pattern. Hands on hips, start in forward stance, stepping through and turning, and pivoting back to the opposite direction. Do this 5 times.



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Demonstrate Footwork #2 facing camera and side view:

Start in forward stance with inward 8 block, side swing and step through and turn with an inward 8 block, repeat 5 times facing camera and side view.

Demonstrate all the following 5 times each with front view only. (No side view)

- 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

Demonstrate 3 Times Combination Ending # 1 from both front view and side view -
(Ending of Blitz Kata version 1)

Demonstrate 3 Times Combination Ending # 2 from both front view and side view -
(Ending of Blitz Kata version 2)



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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

