

Nunchaku I

H-Form Pattern

1. Left back stance, left high side block
2. Forward slide and stomach thrust
3. Right back stance back stance, right high side block
4. Forward slide and stomach thrust

5. Left front stance, left upper block
6. Right front stance, right upper block
- 7/8. Slide forward front stance, two hand rope thrust. KI

9. Left back stance, left high side block
10. Forward slide and stomach thrust
11. Right back stance back stance, right high side block
12. Forward slide and stomach thrust

13. Left front stance, left upper block
14. Right front stance, right upper block
- 15/16. Slide forward front stance, two hand rope thrust. KI

17. Left back stance, left high side block
18. Forward slide and stomach thrust
19. Right back stance back stance, right high side block
20. Forward slide and stomach thrust

Nunchaku II

H-Form Pattern

1. Left back stance, left high side block, inside/out-half figure 8 strike, right side catch
2. Forward slide and stomach thrust
3. Right back stance, right high side block, inside/out-half figure 8 strike, left side catch
4. Forward slide and stomach thrust

5. Left front stance, left upper block, inside/out-half figure 8 strike, right side catch
6. Right front stance, right upper block, inside/out-half figure 8 strike, left side catch
- 7/8. Slide forward front stance, two hand rope thrust. KI

9. Left back stance, left high side block, inside/out-half figure 8 strike, right side catch
10. Forward slide and stomach thrust
11. Right back stance back stance, right high side block, inside/out-half figure 8 strike, left side catch
12. Forward slide and stomach thrust

13. Left front stance, left upper block, inside/out-half figure 8 strike, right side catch
14. Right front stance, right upper block, inside/out-half figure 8 strike, left side catch
- 15/16. Slide forward front stance, two hand rope thrust. KI

17. Left back stance, left high side block, inside/out-half figure 8 strike, right side catch
18. Forward slide and stomach thrust
19. Right back stance back stance, right high side block, inside/out-half figure 8 strike, left side catch
20. Forward slide and stomach thrust

Nunchaku III

H-Form Pattern

1. Left back stance, low cross block, groin strike & over shoulder catch, inside/out-half figure 8 strike, right side catch
2. Forward slide and stomach thrust
3. Right back stance, low cross block, groin strike & over shoulder catch, inside/out- half figure 8 strike, left side catch
4. Forward slide and stomach thrust

5. Left front stance, low cross block, groin strike & over shoulder catch, inside/out-half figure 8 strike, right side catch
6. Right front stance, low cross block, groin strike & over shoulder catch, inside/out-half figure 8 strike, left side catch
- 7/8. Slide forward front stance two hand horizontal thrust (rope end). KI

9. Left back stance, low cross block, groin strike & over shoulder catch, inside/out-half figure 8 strike, right side catch
10. Forward slide and stomach thrust
11. Right back stance, low cross block, groin strike & over shoulder catch, inside/out- half figure 8 strike, left side catch
12. Forward slide and stomach thrust

13. Left front stance, low cross block, groin strike & over shoulder catch, inside/out- half figure 8 strike, right side catch
14. Right front stance, low cross block, groin strike & over shoulder catch, inside/out-half figure 8 strike, left side catch
- 15/16. Slide forward front stance, two hand horizontal thrust (rope end). KI

17. Left back stance, low cross block, groin strike & over shoulder catch, inside/out- half figure 8 strike, right side catch
18. Forward slide and stomach thrust
19. Right back stance, low cross block, groin strike & over shoulder catch, inside/out- half figure 8 strike, left side catch
20. Forward slide and stomach thrust

Nunchaku IV

H-Form Pattern

1. Left back stance, left high side block, downward strike - over shoulder catch
2. Step forward into right back stance executing right groin strike & over shoulder catch, inside/out-half figure 8 strike, left side catch and stomach thrust
3. Right back stance, right high side block, downward strike - over shoulder catch
4. Step forward into left back stance executing left groin strike & over shoulder catch, inside/out-half figure 8 strike, right side catch and stomach thrust

- 5/6. Left front stance, left upper block, downward strike – over shoulder catch
- 7/8. Step forward into right front stance executing right groin strike & over shoulder catch, inside/out-half figure 8 strike, left side catch, two hand downward thrust

9. Left back stance, left high side block, downward strike – over shoulder catch
10. Step forward into right back stance executing right groin strike & over shoulder catch, inside/out-half figure 8 strike, left side catch and stomach thrust
11. Right back stance, right high side block, downward strike – over shoulder catch
12. Step forward into left back stance executing left groin strike & over shoulder catch, inside/out-half figure 8 strike, right side catch and stomach thrust

- 13/14. Left front stance, left upper block, downward strike -over shoulder catch
- 15/16. Step forward into right front stance executing right groin strike & over shoulder catch, inside/out-half figure 8 strike, left side catch, two hand downward thrust

17. Left back stance, left high side block, downward strike - over shoulder catch
18. Step forward into right back stance executing right groin strike & over shoulder catch, inside/out-half figure 8 strike, left side catch and stomach thrust
19. Right back stance, right high side block, downward strike - over shoulder catch
20. Step forward into left back stance executing left groin strike & over shoulder catch, inside/out-half figure 8 strike, right side catch and stomach thrust