

The Blitz

Nunchuku Form #1

1. Bow
2. Prepare (ready stance with nunchuckaus held in front at arm's length in an inverted V)
3. Stepping forward into a left front stance – chamber the nunchucku behind your right shoulder and throw it across your body, then bring it back and catch it under your right arm. Kihop on the strike.
4. Stepping across with your right foot, turn to the rear while performing a simple up – step forward with your left foot and perform a single side swing 2 revolutions & catch under right arm – step across with your right foot to turn to the rear and execute an inverted figure 8 (8 revolutions)
5. Look to your left – step to your left with your left foot into a front stance – outward figure 8 (3 revolutions) and catch it under your right arm – simple up – front strike and catch it under your right arm – simple up - arm switch
6. Step across with your right foot and turn to the rear – Outward figure 8 – Move your left foot forward to your right foot then step forward into a left front stance – left front strike – simple up
7. Arm switch as you move your right foot across into a horse stance facing to your right – outward figure 8 – right front strike & lift up
8. Arm switch as you step forward into a left front stance – move your right foot across and turn to your rear – outward figure 8 – lift up – arm switch as you move your left foot to your right then step forward into a left front stance – outward figure 8 – move your right foot to your left foot then step forward into right front stance – front strike – lift up
9. Arm switch as you move your left foot to your right then step forward into a left front stance – outward figure 8 – left front strike – lift up – arm switch
10. Side swing around the neck – arm switch – bring nunchuckaus to front with both hands to finish form – prepare - bow