



Nunchaku Kihon



Rei



Yoi (ready)



Kamae



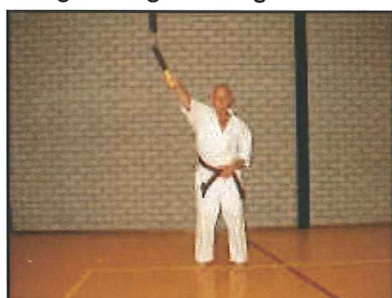
Figure eight swing Natural



Figure eight swing Reverse



Outside circular swing R



Outside circular swing N



Inside circular swing N



Inside circular swing R



Overhead circular swing R



Overhead circular swing N



Natural Catch



Figure eight swing N

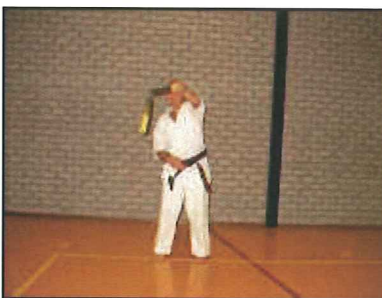


Figure eight swing R



Outside circular swing R



Outside circular swing N



Inside circular swing N



Inside circular swing R



Overhead circular swing R



Overhead circular swing N



Natural catch (Right hand)



Figure eight swing N



Natural catch (Left hand)



Figure eight swing N



Natural catch (Right hand)



Figure eight swing N



Reverse catch (Left hand)



Figure eight swing N



Reverse catch (Right hand)



Figure eight swing R



Catch behind back (Left hand)

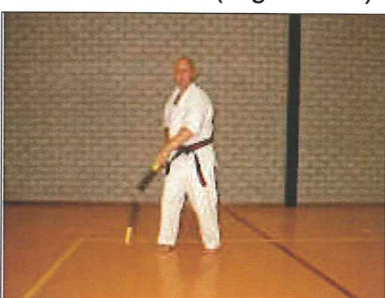


Figure eight swing R



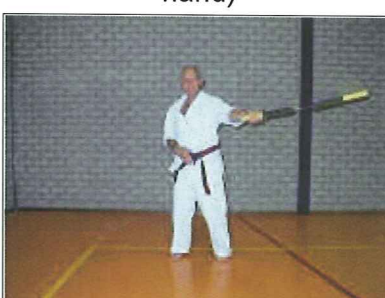
Catch behind back (Right hand)



Side swing (Right hand)



Natural catch (Left hand)



Side swing (Left hand)



Natural catch (Right hand)



Side swing (Right hand)



Reverse catch (Left hand)



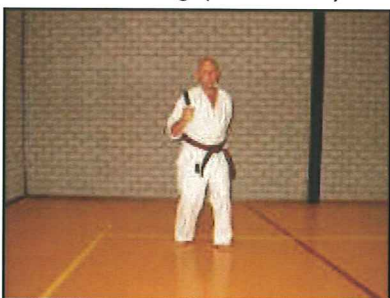
Side swing (Left hand)



Reverse catch (Right hand)



Figure eight swing R



Catch behind back



Flip attack from back position



Natural catch (Left hand)



Flip attack from hip position



Catch under arm



Flip attack From under arm



Natural catch (left hand)



Figure eight swing R



Catch behind back



Flip attack from back position



Natural catch (Right hand)



Flip attack from hip position



Catch under arm



Flip attack under arm position



Natural catch (Right hand)



Figure eight swing N



Same hand catch (Right hand)



Naore (finish)