

# 1<sup>st</sup> Dan Black Belt Nunchuck

Level	Step	Description
Level 0	1	Outside: Spin Forward
	2	Inside: Spin Forward
	3	Criss-Cross: Spin Forward
	4	Spin 2 times then cross: Spin Forward
	5	Back and forward at shoulder
	6	Criss-Cross: Spin Backward
Level 1	1	Criss-Cross release, Shoulder 3 times
	2	Diagonal Shoulder to hip
	3	Diagonal Shoulder, spin down to hip
	4	Diagonal spin up to Shoulder, spin down to hip
	5	Left to Right across hips (open wrist)
	6	Left to Right, spin back & forward across hips (open wrist)
Level 2	1	Left to Right, spin back & Forward release across hips
	2	Left hip across to right hip up to right shoulder diagonal to left
	3	Left hip across to right hip up to right shoulder diagonal spin down to left hip
	4	Left hip across to right hip spin up to right shoulder diagonal spin down to left hip
	5	Left hip across to right hip up to right shoulder, down to armpit, spin around head
	6	Behind shoulder, swing in rising arc over the shoulder catching behind the back
Level 3	1	Behind shoulder, swing in rising arc, spin outside then over the shoulder catching behind the back
	2	Swing in rising arc over the shoulder grabbing in arm pit behind the shoulder
	3	Behind shoulder, swing in rising arc, spin outside then over the opposite shoulder grabbing in the arm pit
	4	Left hand, right hip across & switch to the right hand (wrist on top in switch) to left hip
	5	Left hand, right hip spin across & switch to the right hand (wrist on top in switch) to left hip
	6	Left hand, right hip to left hip, right hand catch behind; right hand left hip to right hip, left hand catch behind

Level 4	<b>1</b>	Left hand, right hip spin to left hip, right hand catch behind (repeat opposite)
	<b>2</b>	Behind Right Shoulder, swing in front to left hand (underneath right elbow), left hand swing up to right hand
	<b>3</b>	Step wide, from right shoulder hit leg then to left shoulder (repeat)
	<b>4</b>	Step wide, from right shoulder hit leg then to left shoulder down the leg then up to shoulder then spin down
	<b>5</b>	Step wide, from right shoulder hit leg then to left shoulder down the leg, spin up to shoulder then spin down
	<b>6</b>	Step wide, right shoulder to leg to left shoulder to leg into Back & Fwd release (repeat)
Level 5 (Double)	<b>1</b>	Outside: Spin Forward
	<b>2</b>	Inside: Spin Forward
	<b>3</b>	Criss-Cross: Spin Forward
	<b>4</b>	Spin 2 times then cross: Spin Forward
	<b>5</b>	Back and forward at shoulder
	<b>6</b>	Criss-Cross: Spin Backward
Level 6		Review Nunchuck Techniques Level 0 ~ 5

## 2<sup>nd</sup> Dan Black Belt Nunchuck

Level	Step	Description
Level 0	<b>Review</b>	Double Nunchuck (1 <sup>st</sup> Dan Level 5)
Level 1	<b>1 - 3</b>	Double Nunchuck (1 <sup>st</sup> Dan Level 1 Step 1-3)
Level 2	<b>1 - 3</b>	Double Nunchuck (1 <sup>st</sup> Dan Level 1 Step 4-6)
Level 3		Review Double Nunchuck Level 0-2 and Double Nunchuck (1 <sup>st</sup> Dan Level 2 Step 2-4)