

## Maezato No Nunchaku Sho

1. Bow
2. Kamae Nunchaku up
3. Step right foot forward high stance
  - a. Right block
  - b. Shift to shiko dachi
    - i. Right underarm block
4. Step left foot forward high stance
  - a. Left block
  - b. Shift to shiko dachi
    - i. Left underarm block
5. Step right foot forward high stance
  - a. Right block
  - b. Shift to shiko dachi
    - i. Right underarm block
6. Right turn 90 degrees
  - a. Right block
  - b. Shift to shiko dachi
    - i. Right underarm block
7. Turn left 180 degrees
  - a. Left block
  - b. Shift to shiko dachi
    - i. Left underarm block
8. Right turn 90 degrees (facing front)
  - a. Right block
  - b. Shift to shiko dachi
    - i. Right underarm block
    - ii. Figure 8
    - iii. Flail and catch on left hip
9. Turn left 180 degrees (facing rear)
  - a. Left block
  - b. Shift to shiko dachi
    - i. Left underarm block
    - ii. Figure 8
    - iii. Flail and catch on right hip
10. Right turn 90 degrees (facing left of front)
  - a. Right block
  - b. Shift to shiko dachi
    - i. Right underarm block
    - ii. Figure 8
    - iii. Flail and catch on left hip

11. Turn left 180 degrees (facing right of front)
  - a. Left block
  - b. Shift to shiko dachi
    - i. Left underarm block
    - ii. Figure 8
    - iii. Flail and catch on right hip
12. Turn 225 degrees to the right facing 45 degrees from front
  - a. High kamae (overhead)
  - b. Slide in right side-side strike
  - c. Slide in right upward downward strike
  - d. Right side strike and catch on left hip
  - e. Step left foot forward
    - i. Left underhand punch
13. Right turn 180 (facing 45 from rear) with the right foot forward
  - a. Chudan kamae
  - b. Step in left foot forward
    - i. Left down, up then side strike catching on right hip
  - c. Step in right foot forward
    - i. Right down, up then side strike catching on left hip
  - d. Step in left foot forward
    - i. Left underhand punch
14. Turn right 225 degrees (facing front) right foot forward
  - a. Chudan kamae
  - b. Retreat left foot to left and lift right leg
    - i. Right underarm block
    - ii. Slide in right side-side strike
    - iii. Slide in right upward downward strike
    - iv. Right side strike and catch on left hip
15. Turn Left 180 degrees (facing left)
  - a. Lift left leg
    - i. Left underarm block
    - ii. Slide in left side-side strike
    - iii. Slide in left upward downward strike
    - iv. Left side strike and catch on right hip
16. Turn 90 degrees to front stepping forward with the right leg
  - a. Right underarm block
17. Step back in shiko dachi (left leg forward)
  - a. Left underarm block
  - b. Shift to high stance
    - i. Jodan kamae
  - c. Step right foot up to heiko dachi
  - d. Bring nunchaku down and together

- e. Place on right side
18. bow