

## Nichou No Nunchaku

1. Bow
2. Kamae Nunchaku up
3. Step right foot forward high stance
  - a. Right outward block, left round strike
4. Step left foot forward high stance
  - a. Left outward block, right round strike
5. Step right foot forward high stance
  - a. Right outward block, left round strike
6. Right turn 90 degrees
  - a. Right outward block, left round strike
  - b. Left downward press and right tsuki
7. Turn left 180 degrees
  - a. Left outward block, right round strike
  - b. Right downward press and left tsuki
8. Right turn 90 degrees (facing front)
  - a. Right outward block, left round strike
  - b. Left downward press and right tsuki
    - i. Figure 8
    - ii. Flail and catch
9. Turn left 180 degrees (facing rear)
  - a. Left outward block, right round strike
  - b. Right downward press and left tsuki
    - i. Figure 8
    - ii. Flail and catch
10. Right turn 90 degrees (facing left of front)
  - a. Right outward block, left round strike
  - b. Left downward press and right tsuki
    - i. Figure 8
    - ii. Flail and catch
11. Turn left 180 degrees (facing right of front)
  - a. Left outward block, right round strike
  - b. Right downward press and left tsuki
    - i. Figure 8
    - ii. Flail and catch
12. Turn 225 degrees to the right facing 45 degrees from front
  - a. Joudan kamae (overhead)
  - b. Slide in double side-side strike
  - c. Slide in double upward downward strike and catch
  - d. Right downward press as stepping in with left foot forward
    - i. Left tsuki

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 then catching
  - c. Step in right foot forward
    - i. Right down, up then side strike then catching
  - d. Right downward press as stepping in with left foot forward
    - i. Left tsuki
14. Turn right 225 degrees (facing front) right foot forward
  - a. Chudan kamae
  - b. lift right leg
    - i. Kamae right low left high
    - ii. Slide in right side strike
    - iii. Slide in right upward downward strike and catch
15. Turn Left 180 degrees (facing left)
  - a. Lift left leg
    - i. Kamae left low right high
    - ii. Slide in left side strike
    - iii. Slide in left upward downward strike and catch
16. Turn 90 degrees to front stepping forward with the right leg
  - a. Joudan Kamae
  - b. Slide in double side-side strike
  - c. Slide in double upward downward strike and catch
  - d. Right downward press as stepping in with left foot forward
    - i. Left tsuki
17. Slide back in shiko dachi (left leg forward)
  - a. Left outward block, right round strike
18. Step back to right shiko dachi
  - a. Right outward block, left round strike
  - b. Bring left nunchaku under right arm then together in joudan kamae
19. Step left foot up to heiko dachi
  - a. Bring nunchaku down and together
  - b. Place on right side
20. bow