

NUNCHUCK KATA

START: Bow, Step up w/ Lt foot & extend Lt open hand w/ chuck in rt hand & chuck under rt shoulder.

1. Strike D & retrieve chuck BH rt shoulder w/ Lt hand. **(KIA)**
2. Extend Lt hand, Full spin FW & retrieve chuck U rt shoulder.
3. 1/2 spin BW, retrieve chuck BH rt shoulder w/ Lt hand.
4. Extend Lt hand, full spin FW, retrieve U rt shoulder.
5. Full spin BW, retrieve BH rt w/ Lt hand. **(KIA)**
6. Lt hand extended, 1/2 spin FW, retrieve U rt shoulder.
7. 1/2 spin BW, retrieve BH rt shoulder w/ Lt hand.
8. FW strike, retrieve by lifting rt leg & reversing direction of spin U rt thigh & retrieving BH rt shoulder w/ Lt hand. **(KIA)**
9. Block across face & reverse position to Lt side, chain vert. tight.
10. Reverse #9 back to rt side.
11. Reverse #10 back to Lt side, w/ jab (chain Hor. Tight) to throat while stepping FW w/ Lt foot, & then back to orig. position. **(KIA)**
12. Release hold on upper chuck in Lt hand, reverse to rt side, retrieve BH rt shoulder w/ Lt hand.
13. Reverse #12 to Lt shoulder.
14. Reverse #13 back to Rt shoulder.
15. Rt F Kick to Solar Plexus, place foot FW after Kick. **(KIA)**
16. Lt hand close to chest, step Lt foot in front of rt while blocking down & across w/ chuck to Lt side & retrieve w/ Lt thigh to other side while stepping rt in front of Lt & retrieving chuck BH rt Shoulder, now take 2 steps back so that you are now positioned w/ chuck BH rt shoulder & rt foot in front of Lt.
17. Full spin FW, retrieve U rt shoulder, Lt hand extended.
18. 1/2 spin BW, retrieve BH rt shoulder.
19. Release upper chuck w/ rt hand, reverse to Lt side, retrieve BH rt shoulder.
20. Same as #15 only w/ Lt leg. **(KIA)**
21. Same as #16 only w/ Lt side of body. Lt foot in front of rt.
22. Full spin FW, retrieve U Lt shoulder. Rt hand extended.
23. 1/2 spin BW, retrieve BH Lt shoulder.
24. Release hold on upper chuck, reverse to rt side, retrieve BH rt shoulder. **(KIA)**
25. Full spin FW, retrieve U rt Shoulder, Lt hand extended.
26. Full spin FW, retrieve U rt shoulder, Lt hand extended. **(KIA)**
27. Bring Lt. foot BW by stepping even, take Lt hand & grab chuck U rt shoulder & bring both hands w/ chucks in front of you, pre-prepare to Bow. **(KIA) BOW**