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Nunchaku The Complete Training

nunchaku

nunchaku training
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FMK Beginners Nunchaku Training

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Complete Training

4.0 out of 5 stars Nunchaku

Training. Reviewed in the United States on March 2, 2011. Verified Purchase. I utilize various exercise methods to prevent becoming stale. The Nunchaka training guide is informative and has pictures demonstrating the routines for this weapon to facilitate the learning and procedures. ddb1384

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most feared Okinawan weapons was nunchaku, traditionally used to pound grain. But placed in the hands of a trained practitioner, the lightweight nunchaku became a symbol of speed and power.

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Nunchaku: The Complete Training Guide. Nunchaku. : Jiro Shiroma. Unique Publications, 1989 - Sports & Recreation - 143 pages. 1 Review. One of the most feared Okinawan weapons was nunchaku,...

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Start by holding the sticks behind your back and over your shoulder. Now bring them across your body (very slowly while you learn). Make sure to snap the wrists directly in front of the body, and not near the end, or the sticks will hit you in the back. Mastering the Nunchakue by Dr. Ted Gambordella, 5th Dan.

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based off the dynamics of freestyle nunchakus, combined with the traditional understanding of Okinawan nunchaku. You will begin with the basic single techniques and by the end of this series you will have a complete, unstoppable, intense understanding of how to use this ancient weapon.

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sticks connected by a rope or chain. Used as a single martial arts weapon, or in pairs, nunchucks are illegal in a shrinking number of states and countries.

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