

## Nunchaku The Complete Training Guide

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Nunchaku: The Complete Training Guide. One of the 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.

~~Nunchaku: The Complete Training Guide by Jiro Shiroma~~

Nunchaku: The Complete Training Guide: Author: Jiro Shiroma: Edition: Illustrated: Publisher: Unique Publications, 1989: ISBN: 0865680914, 9780865680913: Length: 143 pages: Subjects

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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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Foam-padded nunchaku are ideal for beginners and for training. The foam padding offers cushion for your comfort while learning how to use them. Use foam-padded nunchaku to learn new tricks before trying them out on metal demonstration versions.