

Lesson Plan for Nunchack

Nunchack Test will be given once a month on last Monday and Tuesday
In class

1. Requirement to take Test to 1st Brown Stripe.

- **Minimum TRAINING - a month**
 - Side Swing Forward & Backward
 - Cross Swing (Number 8 Swing) with Side Swing
 - Overhead Swing
 - Armpit Swing (Single, Double, and Cross Swing with Double) with Step forward or Backward
 - Stick Switch Left Hand to Right Hand, Right hand to Left Hand without mistake) with Step forward
- All Skills are required to complete on both hands (Left, Right)

2. Requirement to take Test to 2nd Brown Stripe.

- **Minimum TRAINING - 2 months**
 - Stick Switch either way over the shoulder holding in front – 10 more time nonstop switch both side
 - Body roll – on Shoulder and Lower trunk
 - Cross Strike and Downward Strike with Body roll without hurt by him/herself
 - Combine all Skills with Stick(Hand) Switch
- All Skills are required to complete on both hand (Left, Right)

3. Requirement to take Test to 3rd Brown Stripe.

- **Minimum TRAINING - 2 months**
 - Stick Switch Upside Down and Reverse way on same Hand with Cross Swing
 - One Hand Switch and then Switch Stick over the shoulder both side
 - High, Middle, and Low Section Block (Double Block)
 - Low Swing Block, X-High & X-Low Block with Step
 - Combine all skills we did.
- All Skills are required to complete on both hand (Left, Right)

4. Requirement to take Test to 4th Brown Stripe.

- **Minimum TRAINING - 2 months**
 - **Stick Switch either way over the shoulder holding on back – 10 more time nonstop switch both side**
 - **Back Cross Stance and Swing – Attack Knee and Back Head Both hands**
 - **Then combine Stick Upside down Switch skills**
 - **Body roll – on Thigh, Knee, and Ball of Feet**
 - **Combination – Body roll (Thigh) and Hand Switch**
- **All Skills are required to complete on both hand (Left, Right)**

5. Requirement to take Test to 5th Brown Stripe.

- **Minimum TRAINING - 2 months**
 - **Stick Switch either way on neck– 10 more time nonstop switch both side**
 - **Double Nunchack Skill 1 – Same as requirement of 1st and 2nd Stripe**
 - **Combination – Poomse 1**
- **All Skills are required to complete on both hand (Left, Right)**