

N U N C H A K U S

Original name: "NOONCHAKUN"
Chinese name : " SHUANG CHIN KUN"
"CHA OH SE KUN"
North China: "SCHWANG CHIN KUN"

One of the most deadly weapons highly developed in the Chinese Settlement of Kume Mura in Okinawa.

A. FUNCTIONS:

1. grain fale
2. horse bridle

B. LENGTHS:

1. 12 inches long
2. 14 inches long
3. 16 inches long

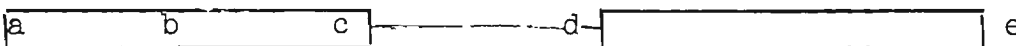
C. TYPES OF NOON CHA KUN:

1. Maru Noo Cha Kun (round)
2. Kaku Noon Cha Kun (four sided)
3. Rokkaku Noon Cha Kun (six sided)
4. Hakkaku Noon Cha Kun (eight sided)

D. TYPES OF CONNECTION:

1. vine-"kanda"
2. hemp or rope-"hemo"
3. chain-"kasari"

E. DIFFERENT SECTIONS OF THE NOON CHA KUN:



a-Gekonbu
b-ChuKonbu
c-HoKonbu
d-KonDa (kon to)
e-KunTei

NOTE: The hole in the end of the Noon Cha Kun is called the "ANA".

approximate length of connection is the width of three fingers.

(nunchakus part E. continued)

LEFT SAKON

~~RIGHT SAKON~~

RT. UKON

F. PRINCIPLES:

1. theory
2. exercise
3. manipulation
4. self defense
5. body conditioning

G. MANIPULATION:

1. all blocks, cross and extended block, holding the Sakon together.
2. strikes
3. pokes and thrust (thumbs up or down)
4. pinchins
5. figure eight (Tai Chi Tu)
6. airplane spin
7. two finger spin
8. thumb spin
9. one finger grab or catch
10. over shoulder under arm grab or catch
11. underarm grab with one arm
12. cross body grab
13. behind body grab
14. cross groin grab
15. same hand exchange
16. side and behind back finger spin
17. hand push aways
18. over shulder cross grab
19. cross back of neck grab
20. cross elbow grab
21. under the knee grab
22. body conditioning

H. THEORY:

1. must be caught with right over shoulder underarm grab to signify end of kata movement, and before the beginning of next movement.
2. punches, strikes, blocks, etc., must start with the hand that corresponds to that hand in the kata and must return to the right over shoulder underarm grab before beginning a new movement.

(nunchakus part I. continued)

I. CONTROL:

1. always keep konda taught when striking, slacking after a strike so weapon does not bounce back causing injury.
2. sudden jerking, swinging or stopping abruptly, misjudging distance may result in broken bones.

J. KATA: (Shuri-Ryu Katas with NoonCha Kun)

1. Wan Su-all aspects of manipulation should and must be used.
2. Tai Chi Tu Noon Cha Kun Sho: Taikyoku Ichi *
3. Tai Chi Tu Noon Cha Kun Ni : Taikyoku Ni *
4. Tai Chi Tu Noon Cha Kun San: Taikyoku San *

*with Noon Cha Kun theory and manipulation.