

## 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**