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Academy *Easy Chain Sticks Tutorial / Nunchaku / Nunchuck Training / Beginners* **Nunchaku The 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

**Nunchaku: The Complete Training Guide:
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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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forms/katas.

Home - Virtual Nunchaku

The Danny Etkin Nunchaku is now part of the Signature Series line of weapons offered by Century. Competition grade nunchucks, training and foam nunchucks, and even glow in the dark nunchucks called glow chucks can be found at Century. If you need an engraved nunchuck we can do that, too. Just call our customs department at (800) 626 2787.

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Nunchuck martial arts fighting sticks are a traditional martial arts weapon that originates from Okinawa, Japan. A pair of nunchucks, also called nunchaku, consists of two short 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.

Nunchucks and the Law - FindLaw

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nunchucks. You can buy a real pair of nunchucks or a practice nunchaku with foam handle. However, make sure that they are connected with a chain or a cord.

Nunchaku Training - A Comprehensive Beginner's Guide ...

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