

Nunchaku The Complete Training Guide

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Nunchaku Bruce Lee Game of Death yellow rubber from Japan NEW 69163 *nunchaku training*

FMK Beginners Nunchaku Training

Stupid Nunchucks FAIL (that hurt)

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The Nunchaka training guide is informative and has pictures demonstrating the routines for this weapon to facilitate the learning and procedures. ddb1384

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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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item 3 NUNCHAKU: COMPLETE TRAINING GUIDE By Jiro Shiroma ****Mint Condition**** 3 - NUNCHAKU: COMPLETE TRAINING GUIDE By Jiro Shiroma ****Mint Condition**** \$31.95. Free shipping. Ratings and Reviews. Write a review. 5.0. 1 product rating. 5. 1 users rated this 5 out of 5 stars 1. 4.

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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.

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