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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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Nunchaku | The Complete Guide by Jiro Shiroma (Trade)

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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