



**MALTA**

Martial Arts Leadership Training Association



## **Nunchaku Certification**



## Nunchaku Kata Certification Chase

### Testing Points

1. Two circles when you announce the form
2. Step OUT and OVER
3. Strike making a rotation above the arm
4. Strike in horse stance with left hand stopping in front of the belly button
5. Same – step OUT and OVER
6. On the knee make sure standing knee is 90 degrees, back foot is on the ball
7. Look over shoulder before/as you kick
8. Open hand high block
9. Black belts, chuck never touches body on the spin
10. Thumb down when chuck goes around the head
11. Thumb down when chuck goes around the head when stepping around
12. Chucks against arm when performing the high block
13. Step up at the end