

NUNCHAKU 1 CYCLE



RED & HIGH RED BELT WORD OF THE BELT: **POSITIVE SELF-DIRECTION**

Winning Black Belts have clearly defined goals and purpose, which are constantly referred to on a constant basis. Winners are role and goal driven and get what they set!

LOW BROWN BELT WORD OF THE BELT: **POSITIVE SELF-PROJECTION**

Winning Black Belts project their best selves every day in the way they look, talk, listen, and react. Winners communicate immediate impressions of happiness and success at all times.



RED BELT COMBOS



3 OFFENSIVE **FRONT PUNCH, BUMP AX KICK, BACK LEG ROUND KICK, JUMP REVERSE HOOK KICK, REVERSE PUNCH**



4 OFFENSIVE **FRONT PUNCH, FRONT RIDGEHAND, SPINNING BACKFIST, BACK-LEG ROUND KICK, FRONT BACKFIST, REVERSE PUNCH**



FORM



NUNCHAKU 1 JAPANESE MARTIAL ART USING NUNCHUCKS

MY **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

Yes!

Not yet, still working on my goal!



SCAN ME
to see this
curriculum
on our
website!

2 MONTHS

