



SYLLABUS

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YELLOW BELT (5th kyu)

GRIPPING

40 X 30 Seconds

BASIC TECHNIQUES

Upward Strikes 1-7

Downward Strikes 1-6

Sideward Strikes 1-4

Variation Strikes 1-3

Forward Strikes 1-4

BASIC COMBINATIONS

Basic Comination 1 and 2

KATA

1st Link Kata

ORANGE BELT (4th kyu)

GRIPPING

50 X 30 Seconds

BASIC TECHNIQUES

Upward Strikes 1-8

Downward Strikes 1-8

Sideward Strikes 1-8

Variation Strikes 1-5

Forward Strikes 1-4

Extended Strikes 1-6

BASIC COMBINATIONS

Basic Comination 1 -5

KATA

1st and 2nd Link Kata

GREEN BELT (3rd kyu)

GRIPPING

60 X 30 Seconds

BASIC TECHNIQUES

Upward Strikes 1-8

Downward Strikes 1-8

Sideward Strikes 1-8

Variation Strikes 1-5

Forward Strikes 1-4

Extended Strikes 1-6

BASIC COMBINATIONS

Basic Comination 1 -5

KATA

1st and 2nd 3rd Link Kata

Competition Kata

FRAGMENTS

1-15

BLUE BELT (2nd kyu)

GRIPPING

60 X 30 Seconds

BASIC TECHNIQUES

Upward Strikes 1-8

Downward Strikes 1-8

Sideward Strikes 1-8

Variation Strikes 1-5

Forward Strikes 1-4

Extended Strikes 1-6

BASIC COMBINATIONS

Basic Comination 1 -5

KATA

1st,2nd, 3rd & 4th Link Kata

Competition Kata

Kata The (Synchronized)

FRAGMENTS

1-15

BROWN BELT (1st kyu)

GRIPPING

60 X 30 Seconds

BASIC TECHNIQUES

Upward Strikes 1-8

Downward Strikes 1-8

Sideward Strikes 1-8

Variation Strikes 1-5

Forward Strikes 1-4

Extended Strikes 1-6

FREESTYLE

Complete freestyle exercise according to the guideline and regulations of the SNN/WNA.

BASIC COMBINATIONS

Basic Comination 1 -5

KATA

Complete Link kata (1-5)

Competition Kata

Kata The (Synchronized)

Kata Block

Self-designed kata

FRAGMENTS

1-25

1st DAN Nunchaku-DO

TECHNICAL KNOWLEDGE AND SKILL

A. All basic techniques, blocks and combinations executed at the high speed and in a technically correct fashion on command.

B. Percentage strikes: at least 95
Correctly executed strikes in 100 seconds (95%)

FREESTYLE

Complete freestyle exercise according to the guideline and regulations of the SNN/WNA.

KATA

Complete Link kata (1-5)
Competition Kata
Kata The (Synchronized)
Kata Block
Self-designed kata
Kata Shodan

JUTSU

1st Series nunchaku-jutsu
Blocking attacks with partner