

Nunchaku The Complete Training Guide

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Nunchaku: The Complete Training Guide: Shiroma, Jiro

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

Nunchaku: The Complete Training Guide—Jiro Shiroma

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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.

Mastering the Nunchakue—wwwim.com

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Nunchaku The Complete Training Guide

Nunchaku: The Complete Training Guide, 1989, 143 pages, Jiro Shiroma, 0865680914, 9780865680913, Unique Publications, 1989 DOWNLOAD <http://bit.ly/10wUlnK> <http://goo.gl/R7pun> http://en.wikipedia.org/wiki/Nunchaku_The_Complete_Training_Guide One of the most feared Okinawan weapons was nunchaku, traditionally used to pound grain. But

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Nunchaku: The Complete Training Guide by Jiro Shiroma

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Ultimate Chuks—White to Black Belt Nunchakus Home Study

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The complete Nunchaku book based on the sport Nunchaku-Do. The weapon of Bruce Lee as a competitive sport: Nunchaku-Do. This book is an indispensable guide to training with the nunchaku. Techniques, Kata, history, regulations and much more. Available in Dutch and English version. Author: Milco Lambrecht

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The Nunchaku & Poise Training By James Phillips—eBay

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.

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. Nowhere can this be seen more clearly than through the eyes of Jiro Shiroma, inarguably one of the most talented and exciting weapons practitioners on the scene today.

This volume includes variations of twirling and swinging, with two separate training kata for nunchaku. Fumio Demura is an expert in kendo, aikido, and kobudo. Dan Ivan is also a member of Black Belt's Hall of Fame.

Tadashi Yamashita, head instructor of shorin-ryu in the United States and American Karate Association, demonstrates dynamic nunchaku techniques stressing spontaneity with classical form. In this practical, fully illustrated guide, Yamashita teaches the development of lightning skills with both single and double nunchaku.

All-Japan karate champion Fumio Demura demonstrates the movements and fighting applications of the nunchaku. This book features gripping stances, blocking, striking, footwork, nunchaku and karate similarities, and more than 20 defenses against other weapons.

The FOA the Fighting of Allah, the Nation of Gods and Earths "Defense for Knowing Self" is the first of its kind, a martial arts book mixed with the concepts of the 5% lessons of the 120 (Nation of Islam canon). From a religious point of view, it resembles the Buddhist Shaolin Monks of ancient China (who practiced Kung Fu while being versed in Buddhist principals). Mr. Allah explains the martial arts with the 120 lessons and has broken down each degree into a fighting form. His "Defense for Self" is the "knowledge of self" and thus martial arts becomes more than just physical movements, but the mental strategy's of awareness and how you conduct your-self wisely in combat. The Author believes the reader will enjoy the book and learn valuable teachings whether they trained in any forms of the martial arts or have any religious ways of life or not. Therefore the FOA is the Supreme book on mental and physical development and has been devised effectively for the advanced or novice practitioner.

Have you ever wanted to know how to properly handle those nunchucks you got for yourself? Or, did you think it might be fun and rewarding to be able to learn a proper bo staff form? Beginner or advanced, student or instructor, this manual will help you understand the different types of chucks and bo staffs you can purchase, the proper techniques and formal training methods that you can learn and apply just like in a martial arts studio, but at your own pace. This manual was created by Masters Guy and BJ Bruno, both high-ranking black belts in WTF Taekwondo and founders of the World Martial Arts Weapons Alliance (WMAWA), to assist their students in learning how to handle the nunchakus and the bo staff . The manual also includes a classroom format laid out for interested instructors to effectively teach others in these traditional and time honored martial arts weapons. This manual has over 200 black and white graphics to help give you a clear view of the stances, blocks, strikes, and positions necessary to learn the forms. We also have coordinating DVD's available to use in conjunction with the manual that show the same things, only in action. Please see this site for more information. Don't set your chucks or bo staff up on the shelf to gather dust! Get this manual, pick up your nunchucks or bo staff, turn up the music and learn to have fun with them! Use them in your daily workout, and you will have a great, non-boring way to get in shape and stay in shape! NOTE: This manual is recommended for students and instructors currently or interested in becoming members in the World Martial Arts Weapons Alliance. It isn't necessary that you have prior knowledge in the martial arts, but it will be greatly helpful to you prior to the purchase of this manual.

Law-enforcement officer Joseph C. Hess-expert in goju-ryu, Okinawan karate, gung fu, judo, aikijitsu and jujutsu, and former full-contact karate champion-takes his knowledge of this ancient Okinawan weapon adapted to traditional uses for modern street situations. Covers basics, training drills, blocking, striking, defenses and takedowns.

Fumio Demura covers stances, striking, blocking, combinations, sparring, and an entire bo kata.

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