

Nunchuka Il Soo Sik Dae Ryun

Il Bon:

Junior Side right leg back Low Block (hadahn mahkee)

Senior Side Jhoon Bee.

1. Step with Right leg into a Forward stance (chun gul jaseh) at a 45 degree angle, simultaneously perform a reverse middle knife hand block (tuel oh choong dan soo do mahkee) with the Nunchuka chambered in the Right hand.
2. Twist in Forward Stance (chun gul jaseh) and perform a middle thrust with the Nunchuka to the Solar plexus. (**Note: Nunchuka are held together and parallel to ground.**)
3. Twist in Forward Stance (chun gul jaseh) and perform an upper (Ssang dan kong kyuk) strike to the in-chung.
4. The back foot steps around into a Back Stance (hu gul jaseh) and release the Nunchuka behind the back.
5. Perform a Side strike followed by a Middle strike and catch behind the back.
6. Step back in Back Stance (hu gul jaseh) while performing a twirl up.
7. Finish in a Back Stance (hu gul) load position.

Note: Steps 4-7 are performed as one move.

Ee Bon:

Junior Side Left leg back Low Block (hadahn mahkee)

Senior Side Jhoon Bee.

1. Step with Left leg into a Forward stance (chun gul jaseh) at a 45 degree angle, simultaneously perform a reverse middle knife hand block (tuel oh choong dan soo do mahkee) with the Nunchuka chambered in the Left hand.
2. Twist in Forward Stance (chun gul jaseh) and perform a middle thrust with the Nunchuka to the Solar plexus. (**Note: Nunchuka are held together and parallel to ground.**)
3. Twist in Forward Stance (chun gul jaseh) and perform an upper (Ssang dan kong kyuk) strike to the in-chung.
4. The back foot steps around into a Back Stance (hu gul jaseh) and release the Nunchuka behind the back.
5. Perform a Side strike followed by a Middle strike and catch behind the back.
6. Step back in Back Stance (hu gul jaseh) while performing a twirl up.
7. Finish in a Back Stance (hu gul) load position.

Note: Steps 4-7 are performed as one move

Sam Bon:

Junior Side Right leg back Low block (hadahn mahkee)

Senior Side Right leg back Ready Stance (bal cha gi jhoon bee) with Nunchuka in Right hand.

1. Perform outside to inside Crescent Kick (bal ba dahk euro mahkee) with the Right leg.
2. On the spot, perform a Side Kick (yup cha gi) with same leg.
3. Step down into a right side load position in a Back Stance (hu gul jaseh)
4. On the spot perform two Front Strikes rotating from under the arm pit.
5. Maintain same stance. Perform a Side Strike across the body followed by a Middle Strike and catch behind the back.
6. Step back into a Back Stance (hu gul jaseh) and twirl up.

Note: Steps 5 and 6 are treated as one move.

Sa Bon:

Junior Side Left leg back Low block (hadahn mahkee)

Senior Side Left leg back Ready Stance (bal cha gi jhoon bee) with Nunchuka in Left hand.

1. Perform outside to inside Crescent Kick (bal ba dahk euro mahkee) with the Left leg.
2. On the spot perform a Side Kick (yup cha gi) with same leg.
3. Step down into a right side load position in a Back Stance (hu gul jaseh)
4. On the spot perform two Front Strikes rotating from under the arm pit.
5. Maintain same stance. Perform a Side Strike across the body followed by a Middle Strike and catch behind the back.
6. Step back into a Back Stance (hu gul jaseh) and twirl up.

Note: Steps 5 and 6 are treated as one move.

O Bon:

Junior Side Right leg back Low block (hadahn mahkee)

Senior Side Right leg back Ready Stance (bal cha gi jhoon bee)

1. Perform a Front Thrust Kick (ahp cha gi) with the Right leg and step back into a Forward Stance (chun gul jaseh).
2. Maintain same stance. Perform a Turning Back Kick (dwi podo cha gi) with the same leg.
3. Step forward into a Forward Stance (chun gul jaseh) and perform a Middle Thrust with the Nunchuka. Perform a Chest Strike with the Nunchuka.
4. Slide back into a Back Stance (hu gul jaseh) and perform an upward diagonal strike and catch behind the back.
5. Step back into a Back Stance (hu gul jaseh) and twirl up.

Note: Steps 4& 5 performed together.

Yuk Bon:

Junior Side Left leg back Low block (hadahn mahkee)

Senior Side Left leg back Ready Stance (bal cha gi jhoon bee)

1. Perform a Front Thrust Kick (ahp cha gi) with the Left leg and step back into a Forward Stance (chun gul jaseh).
2. Maintain the same stance. Perform a Turning Back Kick (dwi podo cha gi) with the same leg.
3. Step forward into a Forward Stance (chun gul jaseh) and perform a Middle Thrust with the Nunchuka. Perform a Chest Strike with the Nunchuka.
4. Slide back into a Back Stance (hu gul jaseh) and perform an upward diagonal strike and catch behind the back.
5. Step back into a Back Stance (hu gul jaseh) and twirl up.

Note: Steps 4& 5 performed together.

Chil Bon:

Junior Side Right leg back Low block (hadahn mahkee)

Senior Side Jhoon Bee.

1. Step with the Right leg to the Side into a shortened Forward Stance (chun gul jaseh) and release the Nunchuka behind the back.
2. Perform a downward Side strike followed by an upward Side strike. Simultaneously move into a Back Stance (hu gul jaseh).
3. Maintain same stance. Swing the Nunchuka around the head and catch.
4. Step forward with the Left leg into a Forward Stance (chun gul jaseh) and perform a Double Temple Strike to the head. (**Note: Nunchuka must be held parallel to each other.**)

Pahl Bon:

Junior Side Left leg back Low block (hadahn mahkee)

Senior Side Jhoon Bee.

1. Step with the Left leg to the Side into a shortened Forward Stance (chun gul jaseh) and release the Nunchuka behind the back.
2. Perform a downward Side strike followed by an upward Side strike. Simultaneously move into a Back Stance (hu gul jaseh).
3. Maintain the same stance. Swing the Nunchuka around the head and catch.
4. Step forward with the Right leg into a Forward Stance (chun gul jaseh) and perform a Double Temple Strike to the head. (**Note: Nunchuka must be held parallel to each other.**)

Gu Bon:

Junior Side Right leg back Low block (hadahn mahkee)

Senior Side Jhoon Bee.

1. Perform outside to inside Middle Block (pahkeso ahnero mahkee) in Back Stance (hu gul jaseh). Right leg is leading. **(Note: Back Stance performed on the spot. Nunchuka held in the blocking hand.)**
2. Perform an inside to outside Round House Kick (peet cha gi) with the leading leg.
3. Step down into a Side Stance (sa ko rip jaseh) and perform a re-enforced Middle Strike with the Nunchuka to the Ribcage (floating rib area). **(Note: Nunchuka must be straight and parallel to the ground.)**
4. Twist into a Forward Stance (chun gul jaseh) and wrap Nunchuka around the opponents head. Pull down on the Nunchuka and perform a Knee Strike (moo roop cha gi) with the Left Knee to the Ribcage (floating Rib area).

Ship Bon:

Junior Side Left leg back Low block (hadahn mahkee)

Senior Side Jhoon Bee.

1. Perform outside to inside Middle Block (pahkeso ahnero mahkee) in Back Stance (hu gul jaseh). Left leg is leading. **(Note: Back Stance performed on the spot. Nunchuka held in the blocking hand.)**
2. Perform an inside to outside Round House Kick (peet cha gi) with the leading leg.
3. Step down into a Side Stance (sa ko rip jaseh) and perform a re-enforced Middle Strike with the Nunchuka to the Ribcage (floating Rib area). **(Note: Nunchuka must be straight and parallel to the ground.)**
4. Twist into a Forward Stance (chun gul jaseh) and wrap Nunchuka around the opponents head. Pull down on the Nunchuka and perform a Knee Strike (moo roop cha gi) with the Right Knee to the Ribcage (floating Rib area).