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Nunchaku: Karate Weapon of Self-Defense: Written by Fumio ...

In this classic text, martial arts icon Fumio Demura demonstrates with hundreds of detailed photographs and illustrations the fluid striking, blocking, twisting, and pinching techniques of this simple but versatile weapon. He delves into the nunchaku's history, explores its complex relationship with karate, and explains how to care for the weapon. No study of karate would be complete without nunchaku training, and no karate should be without this must-have manual. "About this title" may ...

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Nunchaku are perhaps one of the most misused and misunderstood weapons in all of martial arts. Never mind that Bruce Lee popularized them in Enter The Dragon to such a point that everyone from newborns to senior citizens were whacking themselves in a futile attempt to look cool ...

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The nunchaku is a traditional Okinawan martial arts weapon consisting of two sticks connected at one end by a short chain or rope. The two sections of the weapon are commonly made out of wood, while the link is a cord or a metal chain. The person who practices this weapon is referred to as nunchakuka. The nunchaku is most widely used in martial arts such as Okinawan kobudō and karate. Its intended use is as a training weapon, since it allows the development of quicker hand movements and ...

Nunchaku - Wikipedia

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The nunchaku is a popular kobudo weapon in Shorin-Ryu Karate. The Nunchaku may have originated in China, but more likely was modified from a threshing flail by Okinawan martial artists, or modified from equine tools, such as the Okinawan tekko.

NUNCHAKU - Soke Hausel's Guide to Nunchuks

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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.

This fully illustrated book covers gripping, flipping, stances, blocks, karate and sai similarities, movements, footwork, combinations and sparring. Fumio Demura is an expert in traditional karate weapons and an international ambassador of karate.

Written by master of kobudo (ancient self-defense weapons) Fumio Demura, this book collects his separate works on karate weapons in one volume As one of the most highly respected and influential karateka in the world, Fumio Demura has written several books on karate weapons, including tonfa, sai, nunchaku, kama, and bo. Their importance to the world of martial arts has not diminished and his edition retains all the illustrations, photos, and martial arts techniques of the original individual volumes and brought them together in one important volume. It includes a history of each of these weapons and demonstrates how they can be used in modern self-defense fighting

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scenarios. It a must-have special edition for martial artists, students of karate and their instructors, and anyone interested in the history of personal weapons.

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

A manual on the offensive and defensive use of karate weapons-- the knife, the yawara, the tonfa, the staff, the bo, the nunchaku, and the sai.

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.

In this fully illustrated book, Fumio Demura explores the full range of tonfa tactics including stances, karate and tonfa similarities, tonfa striking techniques, and self-defense applications. Demura is a member of Black Belt's Hall of Fame.

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.

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