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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

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Nunchaku: Karate Weapon of Self-Defense by Fumio Demura

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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Nunchaku, Karate Weapon of Self-defense - Fumio Demura - Google Books 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.

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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.

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