

Nunchaku One-Step Sparring Routines

White Sash

1. Step back, two-hand low block, step through, front thrust
2. Step back, two-hand low block, step through, vertical strike
3. Step back, two-hand high block, step through, downward angled strike

Yellow Sash

1. Step back, cross-handle block, step through, front-end front thrust
2. Step back, two-hand middle block, step through, horizontal strike
3. Step back, cross-handle block, upward angled strike

Orange Sash

1. Step back, cross-handle block, step through, advanced horizontal strike
2. Step back, cross-handle block, step up, front-end front thrust, step up, advanced downward angled strike, catch at hip
3. Step back, swing around the head and perform a low swinging block, then immediately bring over the head and perform vertical strike, finish with a front snap

Green Sash

1. Step back and kneel (avoid strike), prepare behind rear shoulder, then under-arm pass to prepare behind front shoulder. Front snap and return to under-arm position under the rear shoulder. Then stand and turn, perform a hand switch, and finish with horizontal strike.
2. Step back and kneel, 2-hand high block. Then with rear hand, perform swinging horizontal strike once, then shikkou step forward and strike again, catching at hip. Stand and perform horizontal strike with front hand.
3. Step back and kneel, 2-hand high block. Then with rear hand, perform swinging horizontal strike once, then shikkou step forward and strike again, catching at hip. Then shikkou step backward (in the same rotational direction), horizontal strike with the front hand, and then stand and vertical strike (upward) to ready position.

Staff One-Step Sparring Routines

White Sash

1. Outside middle block, front thrust
2. Inside middle block, reverse strike
3. Two-hand middle block, front strike

Yellow Sash

1. Long inside middle block, long front strike
2. Side-step, long high push block, long front thrust
3. Inside middle block, reverse strike, front strike, step through, front strike

Orange Sash

1. Step forward, advanced low block, vertical upward strike (over forward shoulder), downward angled strike
2. Side-step, long high push block, swinging front strike (as in Form 2)
3. [Regular grip] Foot switch, outside middle block, front thrust (staff on outside of elbow, no hand switch)

Green Sash

1. Step forward, advanced low block, vertical upward strike (over forward shoulder), turn backward, reverse downward angled strike
2. [Reverse grip] Step back and kneel, long outside block above head, let go with rear hand and flip to regular grip (as in Form 2). Then stand, dragging rear foot forward, and perform a sliding front thrust.
3. [Regular grip] Foot switch and kneel (hand switch to new regular grip), long outside block above head. Perform a horizontal swinging strike by going around the head in the same circular direction as the block. Then shikkou step forward and perform another swinging horizontal strike. Then stand, dragging rear foot forward, and perform a swinging vertical strike down.

Sword One-Step Sparring Routines

White Sash

1. 5 basic attacks w/ partner

Yellow Sash

1. 3 defenses w/ partner

Orange Sash

1. Postures 1-4 w/ partner
2. 4-corners drill applications w/ partner

Green Sash

1. Postures 5-8 w/ partner
2. Angle drill applications (stepping and striking) w/ partner