

Free Style Notation

Nunchaku Championship 2012 Vevey Switzerland

Technical and Martial points Maximum 9

SOFISTICATION: max 3

Technical difficulty, hand changes, original moves, throws (one or both nunchakus), moves with two nunchakus

HANDLING SPEED: max 2

Overall speed during the performance

CONTROL: max 2

Catching precision

MARTIAL ASPECT: max 2

Power/energy, clothes, realistic fighting moves

Artistic points Maximum 7

PRESENTATION: max 1

Bow, starting and finishing position

CHOREOGRAPHY: max 2

Dynamic use of space, using as much area as possible

MUSIC: max 2

Choice of the music and rhythm variation; body, nunchaku and music synchronization.

BODY LANGUAGE: max 2

Harmony between nuchaku and body moves, flexibility, balance, style...

Great Technical Difficulties Maximum 4

These moves are the most difficult ones showed, mastered by few performers (once 3 or more performers show a move, it is no longer considered as great difficulty)

N.B. the nunchaku must move during these moves, for instance, a back flip done without the nunchaku is NOT a great difficulty.

Penalties -0.5

Loss of the nunchaku, -0.5 every time the nunchaku falls

Under 2 minutes or over 3 minutes, -0.5 every 5 second (max -3)

FINAL GRADE = Technical + Artistic + Difficulties – Penalties

Min time : 2 minutes

Max time : 3 minutes 15