

Karate Weapons: Nunchaku

The Nunchaku is an Okinawan weapon originally used as a rice flail. The Nunchaku comprises two pieces of hardwood 12 to 14 inches in length joined by a cord (or nowadays more frequently, by a chain and a ball bearing swivd).

There are many styles of Nunchaku but most commonly the handles are octagonal or round.

The ideal length of the handles should be the same as the distance between your elbow and your wrist. The Nunchaku (also known as nunchako or simply nunchaks) can be a deadly weapon in the hands of an expert and has been widely popularised by films starring Bruce Lee.

