

The first ASN Seminar held in Richmond October 2010

The newly founded American Style Nunchaku Federation kicks off it's first year of activity with a one-day seminar stocked with new techniques and training tips. Grandmaster Burke, creator of the American Style Nunchaku, shared his experiences and knowledge on forms competition and his visions on nunchaku practice. The seminar was held October the 16th in Grandmaster Burke's home town of Richmond, Virginia.



Grandmaster Michael Burke teaching new nunchaku techniques at the ASN Seminar 2010, Richmond, Virginia.

The training starts a bit late. Grandmaster Burke gets caught up in discussing politics regarding the new federation and it's purpose and activities. Not to break of an interesting and important subject Grandmaster Burke finishes the discussion before starting the actual nunchaku practice. The physical training sessions are divided into to two major themes - single nunchaku and double nunchaku during which Grandmaster Burke teach new techniques and training tips in both themes. Many new combinations, ways of movement and new techniques are practiced during these hours. Grandmaster Burke explains that his vision for American Style Nunchaku is that it is not a traditional martial art with static techniques and movements, but rather a dynamic and constantly evolving martial art. The style should develop and grow through it's practitioners. This is why Grandmaster Burke constantly encourage students to shape

the ASN forms to suite their own level of skill and also to freely create new forms and experiment with new techniques and combinations. He wants his students to be active in the development of the style, not only in techniques but also in finding new methods of breaking down the techniques and teaching them to others. The American Style Nunchaku is about learning and teaching, together. Grandmaster Burke finishes the training sessions by sharing his own experiences in weapons competition and his secrets for scoring most points. He emphasizes footwork and movement together with combinations that are adapted to the practitioners level of skill and proper yells. In detail he explains what and how to do to score the most points at tournaments. A great day of many new things to bring back to the own training ends with dinner with a more informal atmosphere where discussions vary from weather to the latest football game.