Single Ssahng Jeol Bong
(Nunchucku Training)

“Continuous Training for Dedicated Black Belts”
GRAND MASTER H.U. LEE
ATA / WTTU SAHBOO AND FOUNDER
9TH DEGREE BLACK BELT
PROMISE NOTE

Ipromise to train with this weapon with safety, care, and respect…

I promise that I will practice with this weapon only at my Martial Arts school with the permission and under the supervision of my instructors…

I promise to practice at home only if I have permission from my parents and are under their supervision…

I promise to practice only the material that has been taught to me by my Martial Arts Instructor…

I promise to always keep this weapon at home in a special place decided on by my parents and myself…

I promise not to “show-off” with this weapon, as I understand that this is when accidents happen and someone could get hurt…

I understand that it is a privilege to be able to train with this weapon and I promise not to abuse this privilege in any way…

Signed: __________________________________________

Date: __________________________________________
GUIDELINES FOR PARENTS

1. For your child’s safety; **DO NOT BUY METAL OR WOODEN NUNCHUCKUS (Ssahng Jeol Bong).**

2. Do not allow your child to take the *Ssahng Jeol Bong* to school or outside the home. The only place the *Ssahng Jeol Bong* should be taken is to the class for training purpose.

3. We suggest that you set aside a special place to store the *Ssahng Jeol Bong*. This will teach your child how to treat his/her belongings with respect, and equally important, you will know where the *Ssahng Jeol Bong* is at all times.

4. Do not allow your child to show off with the *Ssahng Jeol Bong* in front of their friends without your supervision.

5. Remember that our goal for this training is to help with developing coordination and upper body strength. We will not be teaching aggressive aspects of the *Ssahng Jeol Bong.*
I would like to welcome all of you young students to this Ssahng Jeol Bong course and the PROTECH system. I am very excited that you have decided to participate in this course. I know that you will learn a great deal and will also have a tremendous amount of fun.

I want you to remember to always listen very carefully to what your Instructor tells you and try your very best to do what they tell you. Your Instructor and I care a lot about you and your safety. We want you to become the best that you can be and that can only happen if you pay close attention and follow the rules.

It is also very important that you listen to your parents. Remember that they are the ones that are making it possible for you to be in this program. Do something special for them once in a while, or do a chore without being asked, and give them an extra hug to let them know that you appreciate them.

When training with the Ssahng Jeol Bong, a positive mental attitude and a strong discipline will help you be successful. At times, some of the moves might seem difficult, but if you work hard and have confidence in yourself, you can do anything you want. Never give up on yourself and never quit.

I am very proud of you and I know that you will practice hard and listen well. Good luck with your training and have fun.

Sincerely

Grand Master H. U. Lee

Grand Master H.U. Lee
ATA President and Founder
9th Degree Black Belt
SSAHNG JEOL BONG - NUNCHUCKU

INTRODUCTION TO THE SSAHNG JEOL BONG
(Nunchucku)

The visions that come to mind when we hear the word Nunchucku are probably the results of the movie and media portrayal of the Oriental weapon. The history of the Ssahng Jeol Bong is not quite as glamorous as Hollywood has depicted. In its earliest form, the Ssahng Jeol Bong served the farmer in the harvesting of his crops by separating grain from the shaft. Picture a harvest of grain laying on a specially prepared surface. The farmer would beat the crop with a tool that was comprised of a long staff with a short stick attached to the end by a rope. The length of the longer staff would help generate power into the strike, making the tool; the shorter stick would make the grain separate from the plant so that it could be harvested.

During times of fighting or war, this farm tool could easily be used as a weapon. Often called a Chul Te or Dur Ree Ge, we may be able to picture it easier if we thing of a mace. In these battles, the length of the longer staff allowed the warrior to stay a safer distance from his opponent and would also aid in the generation of power into the strike. As peace time prevailed, the warriors, with little to do but train, refashioned the Chul Te into smaller versions until we have the design we are familiar with today.

As we train with the Ssahng Jeol Bong, it is very important to keep safety in mind. It is recommended to practice with a special training set of Ssahng Jeol Bong that is padded. Also make sure that there is sufficient room between students for training. Even the padded Ssahng Jeol Bong can cause injury if someone is hit without warning.

There are many benefits to be achieved in taking this course. The development of hand and eye coordination will aid all students in their martial arts training and in any other endeavor they pursue. Upper body conditioning is also greatly enhanced by continual training with the Ssahng Jeol Bong. Aside from these physical benefits, students will find the mental benefit of renewed enthusiasm in their training.

Learning the Ssahng Jeol Bong adds a new dimension to students training and will provide him or her with a new outlook towards their martial arts training. What was once a farm tool in peace time and a weapon in wartime, the Ssahng Jeol Bong is now a piece of exercise equipment that, under proper supervision, can become an asset in many aspects of the students training.

I would like to extend a special thank you to Grand Master H. U. Lee for his vision and support into the creation of this program. I would also like to thank the following seniors and juniors who have helped in the development and production of the program: Chief Master Soon Ho Lee, Senior Master Robert Allemier, Senior Master William Clark, Mr. Jay Kohl, Mrs. Kathy Lee and Mr. Mark Hendrick.

Sincerely,

Master G. K. Lee

Master G. K. Lee
Protech Director
Practicing with the *Ssahng Jeol Bong* requires the proper safety equipment. Your Instructor will be able to advise you as to what is appropriate for your age and skill level.

Always train in an area where there is enough space. Make sure you have enough room to train without causing harm or injury to yourself or your partner, or to objects around you.

Keep your speed and contact down to a moderate level. Do not strike pads or bags until you have confidence.

Train in only one direction until you gain confidence, before you move to the other side. To practice, repeat the technique more than twenty (20) times.

Children should make sure that they use padded *Ssahng Jeol Bong*.

Make sure that you warm up your body, shoulders and wrists properly before using the *Ssahng Jeol Bong*.

We highly recommend that children use FOAM nunchuckus. You can purchase these through your instructor.
SSAHNG JEOL BONG – NUNCHUCKU

notes
CHAPTER 1

WARM UP
and
GRIPS
SSAHNG JEOL BONG - NUNCHUCKU

WARM UP

To warm up your wrists, perform these basic exercises:

1. “Figure 8” – Holding handle approximately one inch (1) or two inches (2) from the top, swing the free handle in the figure eight motion. Be sure to keep the elbow in close to the body and concentrate on using the hand and wrist only. Do 25 repetitions of this exercise with each hand.

2. “Reverse Figure 8” – This is done the same as the figure 8, but reversing the direction of the free handle. Do 25 repetitions of this exercise with each hand.

To warm up the shoulders, as well as the wrist, perform these two basic exercises:

1. Start in the High/Low ready position on the right side. From here, smoothly switch to the High/Low ready position on the left side. Smoothly switch from side to side for 25 repetitions.

2. Start in the One Hand ready position on the right side. Swing the Ssahng Jeol Bong down to your right side – then execute a Waist Swing to the left side – then with a spin off the Ssahng Jeol Bong, return to the One Hand ready position on the right side of the body. Repeat this exercise 25 repetitions on the left side of the body.

Now that you have warmed up the shoulders and wrist, place the Ssahng Jeol Bong in your right hand (holding both handles) approximately one-inch (1) from the top of the handles and rotate your wrist 360 degrees.

Remember to always check the rope (or chain) and connectors before doing any exercises or drills with the Ssahng Jeol Bong.
SSAHNG JEOL BONG - NUNCHUCKU

GRIP

Personal preference determines how to hold the Ssahng Jeol Bong. The proper way is approximately one-inch (1) from the top or bottom. The reason for this that the last inch of the weapon is used as the impact point, grappling tool and disarming weapon.

There are two basic grips when using the Ssahng Jeol Bong:

1. **One Hand Grip** – One hand holds one stick approximately one-inch (1) or two inches (2) from the top with the other stick hanging loose.

2. **Two Hand Grip** – Each hand holds each stick approximately one-inch (1) or two inches (2) from the top.
notes
SSAHNG JEOL BONG - NUNCHUCKU

CHAPTER 2

QUADRANTS and STRIKING ANGLES
As you face the bag ready to strike, imagine the bag as your opponent or an attacker. Imagine that the bag is dissected with horizontal and vertical lines (refer to diagram above). The horizontal lines run across the elbows of the body and the vertical lines run from the top of the head down through the center of the body.

The upper right quadrant is number one (1), from their left elbow up to the top of their head.

The upper left quadrant is number two (2), from their right elbow up to the top of their head.

The lower right quadrant is number three (3), from their left elbow down to their left foot.

The lower left quadrant is number three (4), from their right elbow down to their right foot.
SSAHNG JEOL BONG - NUNCHUCKU

STRIKING ANGLES

1
2
3
4
5
6
7
8
9
Within the four quadrants there are nine (9) angles of strike. An angle can be any strike within the radius of three hundred sixty (360°) degrees.

The nine (9) strikes are in the following quadrants:

#1 strike is in the upper right quadrant.

#2 strike is in the upper left quadrant.

#3 strike is in the horizontal line across the elbows or waist area starting from the right side of the body to the left side of the body.

#4 strike is just the opposite of #3 strike. The #4 Strike is on the horizontal line starting from the left side of the body across to the right side of the body.

#5 strike is in the lower right quadrant. Starting from the lower right side of the body across and up to quadrant number two (2). From the right knee up through the body to the left shoulder.

#6 strike is from the left side of the body. Starting from the lower left side of the body across and up to quadrant number one (1). From the left knee up through the body to the right shoulder.

#7 strike is on the vertical line running from the groin area toward the top of the head.

#8 strike is on the vertical line from the top of the head, running down toward the groin.

#9 strike is a stab to the center of the body or face.
LEARNING IS A TREASURE WHICH ACCOMPANIES ITS OWNER EVERYWHERE!

-CHINESE PROVERB
CHAPTER 3

ROTATIONS
OVER/UNDER ARM

Over/Under Arm: Hand begins in high ready position. Rotates the Ssahng Jeol Bong over the arm touching the shoulder, then under the arm touching the arm pint. Repeat.
**SSAHNG JEOL BONG - NUNCHUCKU**

**WAIST**

**Waist:** Bounce the *Ssahng Jeol Bong* from one side of your waist to the other. Repeat

**360-Degree Waist:** Bounce the *Ssahng Jeol Bong* from one side of your waist, perform a 360-degree spin and continue the motion to the other side of your waist. Repeat
Triangle: Hand beginning in high ready position. Strike from shoulder across chest to the waist. Continue across to the opposite side of the waist and back to the original high ready position.
Lasso:

Hand Beginning in high ready position. Strike down across the chest to the waist. Continue across to the opposite side of the waist and around the back until the opposite hand can grab the other Ssahng Jeol Bong. Ending position is with one stick in each hand with both behind the back.
**SAHNG JEOL BONG - NUNCHUCKU**

**FRONT NECK CIRCLE**

**Front Neck Circle:** Hand Beginning in high ready position. *Ssahng Jeol Bong* strikes across the neck in front of the body until it touches the back of the neck. The opposite hand grabs the *Ssahng Jeol Bong* once the cord makes contact with the neck and perform the same motion with the opposite hand.
Thigh:

Hand begins in high ready position. Strike to the inner thigh then upward with 360-degree spin ending at the same side shoulder in a high ready position.
V-Strike: Hand begins in high ready position. Strike downward to inner thigh then upward to the shoulder. Strike downward to inner thigh then upward to opposite shoulder. Repeat
BEHIND THE BACK X

**Behind the Back X:** Hand begins in high ready position. Pulling the bottom Ssahng Jeol Bong with the opposite hand, wing the Ssahng Jeol Bong outward and over the opposite shoulder; with the other hand, reach behind the back and pull the Ssahng Jeol Bong back to the start position. Repeat. Should form the figure “X” across the back.

**Under Arm X:** Hand begins in high ready position. With the opposite hand, swing the Ssahng Jeol Bong outward and upward to a high ready position over the shoulder. Repeat.
WE ARE WHAT WE REPEATEDLY DO

EXCELLENCE THEN IS NOT AN ACT, BUT A HABIT

-ARISTOTLE
CHAPTER 4

LOW IMPACT TECHNIQUES
SSAHNG JEOL BONG - NUNCHUCKU

LOW IMPACT TECHNIQUE

The Ssahng Jeol Bong can hit with great force. It can also be used for low impact techniques, such as the wrist grab or a distraction technique.

WRIST GRAB

Place the Ssahng Jeol Bong over the top of the attacker’s wrist, as well as under the wrist. This technique is done by having the attacker reach out and grab with his or her arm. After the attacking partner has grabbed you with his right hand, take the Ssahng Jeol Bong with your right hand under and over the attacker's forearm. Reach under the attacker's arm with your left hand and grab the ends of the Ssahng Jeol Bong, as you are stepping backward away from your attacker.

ARM DRAG

To execute a different arm drag, place the Ssahng Jeol Bong on top of the forearm of the attacker’s arm, with the tips pointing to the left side of the body. Reach up with your left hand and grab the tips and pull downward until your attacking partner slaps to indicate to stop the technique.

X CLAMP

In the same grab, use an X clamp to avoid your attacker. To execute this technique, place the Ssahng Jeol Bong over the top of the forearm of the attacker, and push and pull as you step forward toward the attacker until the attacking partner slaps out.

DISTRACTION TECHNIQUE

Try using a distraction technique on your partner by using the tips of the Ssahng Jeol Bong. The areas that can be used are: the throat, solar plexus, side of the neck, under the armpit of the attacking arm, and on top of the forearm.
LEVEL 1
SINGLE SSAHNG JEOL BONE
POOME-SAE
WHEN ANGRY, COUNT TO TEN BEFORE YOU SPEAK;

IF VERY ANGRY,
ONE HUNDRED.

-THOMAS JEFFERSON
### SSAHNG JEOL BONG - NUNCHUCKU

**SINGLE SSAHNG JEOL BONG**

**POOME SAE**

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SSAHNG JEOL BONG - NUNCHUCKU

42. L #1 Angle Strike W/L Forward Shuffle L Back
43. L Waist Swing L Back
44. L Upwards Spin L Back
45. L One Hand Ready Position L Back

46. L #1 Angle Strike W/L Forward Shuffle L Back
47. L Waist Swing L Back
48. L Upwards Spin L Back
49. L One Hand Ready Position L Back

50. L #1 Angle Strike W/L Forward Shuffle L Back
51. L Waist Swing L Back
52. L Upwards Spin L Back
53. L One Hand Ready Position L Back

54. L #1 Angle Strike L Back
55. L 360° Horizontal Twirl L Back
56. L Waist Swing L Back
57. L Upwards Spin L Back
58. L One Hand Ready Position L Back

59. L "V" Strike W/L Forward Shuffle L Back
60. L Upwards Spin L Back
61. L One Hand Ready Position L Back

62. L Waist Swing L Back
63. L Behind Back Hand Switch L Back
64. L Behind Neck Switch L Back
65. L Upwards Spin L Back
66. L One Hand Ready Position L Back

67. L Under Arm Swing L Back
68. L Waist Swing L Back
69. L Upwards Spin L Back
70. L One Hand Ready Position L Back

71. L Step Through with Propeller Strike L Back
72. L Waist Swing L Back
73. L Upwards Spin L Back
74. L High / Low Ready Position L Back

75. R Step Through w/High / Low Ready Position L Back
76. L/R Under Arm "X" Position L Back
77. R High / Low Ready Position L Back
78. R #1 Angle Strike L Back
79. R Waist Swing L Back
80. R Upwards Spin L Back
81. R One Hand Ready Position L Back

82. R #1 Angle Strike R Back
83. R Waist Swing R Back
84. R Upwards Spin R Back
85. R One Hand Ready Position R Back