Pool Noodle Nunchucks

Asian Pacific American Heritage Month

Nunchucks, or “nunchaku”, are most widely used in martial arts and are supposed to help you improve posture and develop quicker hand movements. Nunchucks are perfect for kids who love karate and ninjas! They are easy to make and great for hours of entertainment. All you need is a pool noodle and some string, then use the pointers below to help you master a new skill!

1. Gather Supplies:
   - Pool Noodle
   - Scissors
   - Yarn
   Optional: Colored Tape & Markers

2. Cut the pool noodle into 6-10 inch segments. Prepare a couple pieces of yarn about 2 feet long. The yarn will be folded in half to make the cord, so the extra length is necessary.
3. With your scissors, cut two slits into the opposite sides of each pool noodle. The slits, while not in the middle, should not be too close to the edges or they may rip the noodle.

4. Fold the length of yarn in half and, with the closed end, thread it inside the noodle and out the other slit.

5. Continue threading the yarn around the side and into the other slit so that it is back inside the middle of the noodle.

6. Now with the other end of yarn, thread both loose strands through the remaining loop inside the noodle and pull it taut. You now have half of the nunchucks completed.
Secure the yarn with several knots. Loose knots will result in the string length shifting.

GETTING TO KNOW YOUR NUNCHUCKS

Here are three basic movements you can try out with your nunchucks!

**Helicopter Propeller:** Hold one end and rapidly spin the other end like a propeller.

**Nunchaku Punch:** Hold one end with the right hand and keep the other end tucked under the right armpit. Then fling it forward and try to catch it back under the armpit again.

**Back Switch:** Lay one end over the shoulder and behind the back (hold it with your right hand and lay it over your right shoulder), then reach your opposite hand across the front of your body to grab the end through your armpit to switch sides.

Cut off any excess yarn, and now you have finished your nunchucks!

**Note:** For added fun, you can decorate them with tape and markers!

With the remaining yarn, repeat the last several steps, threading both strands through the center of the other noodle, around, and into the opposite slit. Before any knots are secured, you can adjust the length of the cord in the middle. It should be about as wide as your hand.