



For Immediate Release
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New Martial Arts Instructional Video Adapted in a Mobile App Teaches Classic Nunchaku Skills

***Nunchaku 101** is a mobile application for learning how to use the classic nunchaku martial arts weapon containing twelve easy to follow video clips.*

Guilford, CT (April 27, 2011) **Iron Lion Multimedia. LLC**, Connecticut based film and creative content company announces today the new release of **Nunchaku 101**, a martial arts instructional video app that provides easy to follow steps for learning how to use the classical martial arts weapon, available on the iPhone, iPod touch and iPad for \$2.95. Featured in the video is app creator Sean Gallimore, is a 30-year practitioner of the martial arts, holding 4 black belts in various disciplines.

Nunchaku 101 is a simple to use instructional application for learning how to use the classic martial arts weapon, the nunchaku, containing twelve easy to follow video clips. Each move can connect to any other, giving the user a complete set of freestyle spinning skills. The app is designed for beginners or experts who want to add to their nunchaku training.

"The app is set up in the order the moves would be taught, so students can follow the lesson list from top to bottom, working one a time until the moves are flowing and smooth before adding the next move" says Sean Gallimore, Founder of Iron Lion Multimedia. "In time with practice, students will be able to mix and match the movements and be able to create limitless spinning variations."

With the **Nunchaku 101** app, video clips download into your device and no Wi-Fi is needed. The clips are always available to use over and over again. Also included is a brief history of the nunchaku and instructor biography, still photos and bonus material of freestyle spinning videos. Safety and personal responsibility are stressed as the potential to accidentally hit yourself or anyone/thing in spinning vicinity is strong. There are state to state differences in laws for buying and transporting the nunchaku, so please check your local and state laws for possession information.

Nunchaku 101 is designed for the beginner so students don't have to be a martial artist to start practicing with the nunchaku for entertainment, exercise, eye-hand coordination. However, experienced martial artists can use it to add to their training routines and the mobility of the training app makes it easy to practice anywhere or anytime. Iron Lion Multimedia worked with Apptology Inc. a mobile application development company to develop their app and has published it to the Apple iTunes App Store for \$2.95:

<http://itunes.apple.com/us/app/nunchaku101/id430194686?mt=8>



About Iron Lion Multimedia. LLC

Founder and app creator Sean Gallimore started the Connecticut based multimedia company which also produced the indie martial arts feature film "Fight Ring", available on amazon Netflix. Gallimore is a 30-year practitioner of the martial arts, holding 4 black belts in different systems. He is a certified personal trainer and an apprentice instructor in Jeet Kune Do. He started training in martial arts at the age of 15, taking quickly to the disciplines of karate and kobudo. He is passionate about producing videos and films, and is also an accomplished illustrator who has produced work for Disney. For more information, please see <http://www.seangallimore.com>.

About Apptology

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