

**Nicklaus' Martial Arts America**  
**Basic Curriculum**  
**December 10, 2007- February 15, 2008**

**1. Kicking Basics**

- a. Front leg round kick
- b. Front leg side kick

**2. Punching Basics**

- a. Rear hand punch

**3. Kick/Punch Sets**

- a. Double punch/ front leg double round kick
- b. Skipping front kick/ skipping round kick/ crescent kick

**4. Traditional Blocks**

- a. Back stance double knife hand block
- b. Front stance double middle block

**5. Horse stance/ double punch**