

# **Nicklaus' Martial Arts America**

## **Advanced Curriculum**

### **October 14, 2011- January 20, 2012**

#### **1. Kick/punch sets**

Set #1- Front leg round kick – Double Punch (Jab/Rear Hand) - Hook Punch - Rear Hand Punch

Set #2- Double Punch (Jab/Rear Hand) – Back Leg Round Kick – Spin Kick

#### **2. Traditional sets**

Set #1- Front Stance Down Block – Back Leg Front Kick (land in front) - Punch

Set #2- Front Stance Down Block – Back Stance Double Knife Hand Block

#### **3. Flying Spin Kick**

#### **4. Form**

Purple and blue belts – To San

Red belts and above – ½ of Conquest

#### **5. Self-defense**

-Rear Forearm Grab – Both Sides

Remember to bring your sparring gear to all classes and to your graduation