

Nicklaus' Martial Arts America Advanced Curriculum July 16, 2010 - October 15, 2010

1. Kick/punch sets

Set #1- Front leg hook kick/ round kick (scooting)/ rear hand punch
Set #2- Front leg hook kick/ round kick/ double punch/ back leg double round

2. Traditional sets

Set #1- Front stance rising block /punch/down block/punch
Set #2- Back stance double knife hand block/ shift to front stance double punch

3. Back leg round kick/ tornado kick/ spin kick

4. Form

Purple and blue belts- Paque 7
Red belts – 1st ½ of Conquest

5. Self-defense

1. Front choke
2. Double lapel grab

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