

Nicklaus' Martial Arts America
Basic Curriculum
February 5, 2010 – April 23, 2010

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. Skipping side kick/punch
- b. Double punch/front leg front kick/ back leg front kick (set down in front) skipping front kick.

4. Traditional Blocks

- a. Back stance under middle block
- b. Front stance down block/rising block/punch

5. Horse stance/ double punch