

Nicklaus' Martial Arts America
Basic Curriculum
December 2, 2011 – February 10, 2012

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/ back crescent kick

4. Traditional Blocks

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

5. Horse stance/ double punch