

Nicklaus' Martial Arts America Black Belt Curriculum January 17, 2011- April 15, 2011

1. Form

2nd Half of Mei Young

2. Traditional Combination

3. Nun chuks

4. Advanced Combination

Front leg double round kick/Jab/ punch/ step thru turn backfist/ rear hand punch/ back leg round kick/ tornado kick/ spin kick

5. Self defense

- a. Stepping punch- Step left block with left hand palm strike to body with right hand/ trap arm with left arm/ spin and elbow to kidney/ sweep with right leg/ pin elbow between knees and wrist lock
- b. Stepping punch- Step right and double parry and right back palm to face/ trap arm over top with your left arm and right elbow to body/ sweep leg w/your right leg to arm bar

6. Focus Mitts

- a. Jab/ double rear hand uppercut/ jab/ step thru and right hand turn backfist/ back leg round kick
- b. Jab/ punch/ step thru fake kick turn backfist/ punch/ hook/ punch