

# **Nicklaus' Martial Arts America Black Belt Curriculum July 19, 2010 - October 15, 2010**

## **1. Form**

Su- Sho

## **2. Traditional Combination**

## **3. Escrima Sticks**

## **4. Advanced Combination**

Jab/ punch/ retreating front kick/ flying front kick/ jump switching front kick/ back leg round kick/ spin kick/ double punch

## **5. Self defense**

- a. Stepping punch- Step right double parry/ right elbow tip to face/ left palm strike to face/ right elbow under chin/ right elbow
- b. Front choke- post over top to right hand/ step back and elbow strike w/ left elbow to wrist lock

## **6. Focus Mitts**

- a. Front leg round kick/ hook/ punch/ back leg jump switching round kick
- b. In close- right uppercut/ left hook/ right punch/ left elbow/ back leg round kick