

Nicklaus' Martial Arts America Advanced Curriculum Jan 26 – Apr 20

**Video of Curriculum Available on
www.NicklausMartialArts.com**

1. Kick/punch sets

- A. Front leg Round Kick – Double Punch (Jab/Rear Hand) - Hook Punch - Rear Hand Punch
- B. Double Punch (Jab/Rear Hand) – Back Leg Round Kick – Spin Kick

2. Traditional sets

- A. Front Stance Down Block – Back Leg Front Kick (land in front) – Punch
- B. Front Stance Down Block – Back Stance Double Knife Hand Block

3. Flying Spin Kick

4. Form

Purple and blue belts – Palgue 7
Red belts and above – ½ of Chung Mu

5. Self-defense

-Rear Forearm Grab – Both Sides

**Advanced Testing is Apr 20
6:30 pm @ Blessed Sacr. School
Location Subject to Change**

Please plan to keep this night open because the group testing is more exciting & celebratory. If you absolutely cannot make testing, let us know ASAP. We will have one make-up testing the following week after testing. **Remember to bring your sparring gear to all classes and to your graduation**