

# **Nicklaus' Martial Arts America**

## **Advanced Curriculum**

### **Oct 19 – Jan 25**

Video of Curriculum Available on  
[www.NicklausMartialArts.com](http://www.NicklausMartialArts.com)

#### **1. Kick/Punch Sets**

Set #1- Front leg round kick/ double punch/ back leg round kick/  
double punch

Set #2- Double punch/ back leg round kick/ spin kick

#### **2. Traditional Blocks and Sets**

#1- Front stance down block/ rising block/ punch

#2- Back stance under middle block/ shift to front stance double  
punch

#### **3a. Spin kick**

##### **b. Tornado kick**

#### **4. Form**

Purple, Blue, and Senior Blue Belts- Palgwe 7

Red Belts and above- 1<sup>st</sup> ½ of Chung Mu

#### **5. Self-defense**

#1 Double wrist grab from behind

#2 Rear choke

Reminder- Bring your hand/foot gear to every class

**Advanced Testing is Jan 25**  
**630 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.

**Reminder to bring your sparring gear to your graduation.**