

Nicklaus' Martial Arts America Advanced Curriculum Apr 20 – Jul 20

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

1. Kick/ punch sets

Set #1- Front leg double round kick/back leg front kick (land in front) /double punch

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

2. Traditional blocks and sets

#1- Back stance under middle block

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

3. Jump spin kick

4. Form

Purple, Blue, and Senior Blue Belts- To San
Red belts and above- First ½ of Conquest

5. Self-defense

#1- Single lapel grab

#2- Headlock

Remember all of your sparring gear for graduation night.

**Advanced Testing is July 20
6:30 pm @ Location TBA**

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**