

Nicklaus' Martial Arts America

Basic Curriculum

Oct 5 – Dec 7

Video of Curriculum Available on
www.NicklausMartialArts.com

1. Kicking Basics

- a. Front leg round kick
- b. Front leg side kick

2. Punching Basics

- a. Rear hand punch

3. Kick/Punch Sets

- a. Skipping side kick/punch
- b. Double punch/front leg front kick/ back leg front kick (set down in front) skipping front kick

4. Traditional Blocks

- a. Back stance under middle block
- b. Front stance down block/rising block/punch

5. Horse stance/ double punch

Beginner Testing is Dec 7
7 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.