

Nicklaus' Martial Arts America Basic Curriculum

Oct 20 – Dec 15

**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

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

Set #2- Front leg front kick/ back leg front kick/ front leg round kick/ punch

4. Traditional Block Sets

- a. Front stance down block/ double punch
- b. Front stance down block/ outside in block/ punch

5. Horse Stance/ double punch

**Beginner Testing is Dec 15
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.