

# **Nicklaus' Martial Arts America**

## **Black Belt Curriculum**

### **July 16, 2018- October 19, 2018**

#### **1. Form**

1<sup>st</sup> Deg: Wan Su

2<sup>nd</sup> Deg: 2<sup>nd</sup> Half SuSho

#### **2. Bo Staff**

#### **3. Advanced Combination**

Double punch/back leg round kick/spin kick/rear hand punch/right hand hook/spin hook kick/tornado kick (Move in on the jab)

#### **4. Focus Mitts**

- a. Jab/roll with left hook/counter left hook/rear hand punch
- b. Jab/roll with right hook/rear hand punch/duck under left hook to rear/back leg round kick (land in front)right hook/left punch

#### **5. Self- Defense**

- a. Double lapel grab- punch to stomach/left arm bar to floor/step over arm with left leg into standing arm bar
- b. Single lapel grab- post right hand with your left hand and punch to stomach- control wrist with your right hand and elbow with your left hand/ control to floor/wrist lock to shin come along to shoulder lock

Reminder: Plan to attend at least 2 classes per week. You will test for your next section of Black Belt when you have a minimum of 18 classes and are comfortable with your material. Remember to practice outside of the classroom to hone your technique. Good Luck! See you in class.

**Black Star Testing is October 19**

**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 Weapons & Boxing Equip to your graduation**