

Nicklaus' Martial Arts America Black Belt Curriculum January 29 - April 20

1. Form

2. Escrima Sticks

3. Advanced Combination

Back leg front kick-round kick/double punch/left leg wheel kick/right leg round kick/spin hook kick

4. Focus Mitts

- a. Jab/duck under left hook/rear hand punch/duck under left hook/back leg round kick
- b. Double punch/roll with right hook to your front left shoulder/rear hand punch/duck under left hook /jab/rear hand punch/left hook/rear hand punch

5. Self- Defense

a. Stepping punch- step to right and chop to forearm and neck/right elbow strike to side of face/left elbow strike to body/ right leg sweep to body punch on ground

b. Stepping punch- Step to left and left-right hand parry/left hand knife hand strike to body/right elbow strike to body/left leg sweep/body punch on ground

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 Apr 20
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.