

Nicklaus' Martial Arts America

Black Belt Curriculum

April 23, 2018- July 13, 2018

1. Form- 1st Deg: 2nd Half Mei Young; 2nd Deg: 1st Half SuSho

2. Bo staff

3. Advanced Combination

Double punch/front leg double round kick/rear hand punch/ front hand hook
/tornado kick/spin kick

(Move in on the jab and scoot on double round kicks)

4. Focus Mitts

a. Front leg front kick/jab/duck under left hook (to rear)/rear hand
punch/hook/rear hand punch

b. Parry jab with right rear hand/rear hand punch/front leg round
kick/duck under right rear hand hook(to front)/left hook/rear hand
punch

5. Self- Defense

a. Shoulder throw- Walk over head and pull person to stomach/ shoulder lock

b. Shoulder throw- shin come along/shoulder lock using standing knee

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.