



Nicklaus' Martial Arts America

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Black Stripe Belt Curriculum

1. Basic Punches
 - a. Rear Hand Punch
 - b. Double Punch (jab punch, rear hand punch)
 - c. Double punch, hook punch, rear hand punch

2. Basic Kicks
 - a. Front Leg Round Kick
 - b. Front Leg Side Kick
 - c. Front Leg Front Kick
 - d. Front Leg Hook Kick

3. Forms
 - a. To San
 - b. Conquest

4. Traditional Movements
 - a. Down Block
 - b. Double Knife Hand
 - c. Down Block, Back Leg Front Kick, Punch

5. X-Ray Paper Techniques
 - a. Spin Kick (or Back Leg Crescent Kick)
 - b. Spin Hook Kick (or Skipping Hook Kick)
 - c. Tornado Kick (or Walk-Through Round Kick)

6. Body Shields
 - a. Back Leg Front Kick
 - b. Front Leg Side Kick
 - c. Back Leg Round Kick

7. Kick/Punch Combination
 - a. Triple Round Kick, Double Punch, Back Leg Round Kick, Spin Kick

8. Self-Defense
 - a. Wrist Grabs (same, opposite, two-hand)
 - b. Front Choke (two hand)
 - c. Rear Choke (two hand)
 - d. Single Lapel (both sides)