



Nicklaus' Martial Arts America  
 1007 East Avenue South  
 La Crosse, WI 54601  
 788-4410

## Black Stripe Belt Stripe Requirement List

<b><u>1<sup>st</sup> Stripe</u></b>	<ul style="list-style-type: none"> <li>• 8 Total Classes</li> <li>• 1 Month of Training at Brown Belt</li> <li>• To San</li> <li>• Traditional Movements</li> </ul>
<b><u>2<sup>nd</sup> Stripe</u></b>	<ul style="list-style-type: none"> <li>• 8 Additional Classes (16 Total Classes)</li> <li>• 2 Months of Training at Brown Belt</li> <li>• Kick/Punch Combination</li> <li>• X-Ray Paper Techniques</li> </ul>
<b><u>3<sup>rd</sup> Stripe</u></b>	<ul style="list-style-type: none"> <li>• 8 Additional Classes (24 Total Classes)</li> <li>• 3 Months of Training at Brown Belt</li> <li>• Self-Defense</li> <li>• Body Shields</li> </ul>
<b><u>4<sup>th</sup> Stripe</u></b>	<ul style="list-style-type: none"> <li>• 8 Additional Classes (32 Total Classes)</li> <li>• 4 Months of Training at Brown Belt</li> <li>• Conquest</li> </ul>
<b><u>5<sup>th</sup> Stripe</u></b>	<ul style="list-style-type: none"> <li>• 8 Additional Classes (40 Total Classes)</li> <li>• 5 Months of Training at Brown Belt</li> <li>• Double Punch, Hook Punch, Rear Hand Punch</li> </ul>
<b><u>6<sup>th</sup> Stripe</u></b>	<ul style="list-style-type: none"> <li>• 8 Additional Classes (48 Total Classes)</li> <li>• 6 Months of Training at Brown Belt</li> <li>• Complete Curriculum for Black Stripe Belt</li> </ul>