



Nicklaus' Martial Arts America

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Black Belt Exam

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. Palque 7
- c. Chung Mu
- d. Conquest

4. X-Ray Paper Techniques

- a. Spin Kick or Back Leg Crescent Kick
- b. Jump Spin Kick or Skip Back Leg Crescent Kick
- c. Spin Hook Kick or Skipping Hook Kick
- d. Tornado Kick or Walk-Through Round Kick

5. Body Shields

- a. Back Leg Front Kick
- b. Front Leg Side Kick – Defensive
- c. Skipping Side Kick
- d. Turn Side Kick
- e. Back Leg Round Kick
- f. Front Leg Round Kick
- g. Elbow Strike

6. Traditional Movements

- a. Down Block
- b. Double Knife Hand
- c. Under Middle Block/Rising Block
- d. Double Knife Hand/Punch
- e. Down Block, Back Leg Front Kick, Punch
- f. Stepping Punch

7. Kick/Punch Combination

- a. Double Punch/Back Leg Round Kick/Spin Kick
- b. Triple Round Kick, Double Punch, Back Leg Round Kick, Spin Kick
- c. Double Punch/Back Leg Round Kick/Tornado Kick/Spin Kick

8. Self-Defense

- a. Wrist Grabs (same, opposite, two-hand)
- b. Single Lapel (both sides)
- c. Front Choke (two hands)
- d. Double Lapel Grab
- e. Back Leg Front Kick
- f. Rear Choke (two hand)
- g. Rear Forearm Choke (both sides)
- h. Wrist Grab From Behind
- i. Headlock

9. Spar – 5 Rounds