

Kovars Martial Arts - Black Belt Requirements

STRIKING

Movement

- Footwork Set A
- Footwork Set B (1st Only)
- Footwork Set C (1st Only)

Straight Punches (Jab/Cross)

- Pick
- Slip
- Fade
- Double Shield

Hook to Head/Body

- Shield
- Crunch
- Bob & Weave

Side Kick

- Scoop Block for Side Kick

Front Kick

- Scoop Block Defense

Uppercuts

- Deflect the Uppercut

Spin Side Kick

Round Kicks

- Shin Block Defenses
- Crunch

Elbow Strikes

Knees Strikes

CLINCH

Clinch Set A

Rear Bear Hug Clinch Set

Double Leg Takedown

Single Leg Takedown (Run the Pipe Finish)

Sprawl

Front Fall

Back Fall

Side Fall

Shoulder Roll

Back Shoulder Roll

Technical Stand Up

Moving in Scorpion Position

GRAPPLING

Upa

Hip Escape to Closed Guard

Closed Guard

Arm Bar

Hip Bump Sweep

Scissor Sweep

Transition: Mount to Modified Mount to Back

WEAPONS

Largo Mano 1–5

Evade + Counter

Meet + Counter

KATA

Doce Pares Form #1

Targeting Set

SELF DEFENSE

Circling Arms A

Circling Arms B

Striking Talon A

Striking Talon B

Headlock A

Headlock B

Pushing the River

Smothering Bear A

Smothering Bear B

Smothering Bear C

Smothering Bear D

Defend Hooks & Straight Punches

Defend Haymaker / Overhand Punch

FITNESS

20+ Push-Ups in 1 minute

40+ Squats in 2 minutes

90-120 Second Plank

ADDITIONAL REQUIREMENTS

Demonstrate How to Tie Your Belt

5 AREAS OF TESTING

Health and Fitness

Knowledge of Curriculum

Attendance, Attitude and Protocol

Spirit and Energy

Basics and Application

Notes:

When eligible for Black Belt, Black Belt Prep classes will be held at the Carmichael Academy.

Gear Requirements: Caged Headgear, Mouthguard, Shin Pads, Boxing Gloves, Padded Weapon, Groin Protector