

# 2<sup>nd</sup> Degree Requirements

Minimum of 2 Years Active Training  
Plus a Minimum of 5 Chevrons

- Competent Knowledge of 1<sup>st</sup> Degree Curriculum
- Basic Trapping Range Skills:  
Pak Sao Combo, Lop Sao Combo, Jao Sao Combo, Jut Sao Combo
- Grappling Set
- Largo Mano/Serrada (testing standard will be with a padded weapon versus a rattan Arnis stick)
- Kenpo 6
- Progressive Self Defense Sequence
- Precision Kicking
- 1 Weapons Kata\* (Must be learned prior to Black Belt Prep Classes)
- 8 two-minute rounds on miscellaneous bags
- Paper on Martial Arts History of your choosing Must be a minimum of 2 pages long, single space.

## **Plus Any 1 of the Following:**

- An Additional Advanced Kata\* (Must be learned prior to Black Belt Prep Classes)
- An Additional Advanced Weapons Kata\* (Must be learned prior to BBP Classes)
- 10 Optional Self-Defense Techniques (Must be learned prior to BBP Classes)

**\*Both Advanced Katas and Weapons Katas are to be learned prior to Black Belt Prep Classes. Katas will not be taught during Black Belt Prep.**

# 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

Front Elbow & Back Elbow

Muay Thai Clinch w/ Knees

## **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 Second Plank-Juniors 120 Second Plank-Adults

## **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**