

# 4<sup>th</sup> Degree Requirements

Minimum of 4 years Active Training  
after testing for 3<sup>rd</sup> Degree

- First and foremost, one who exemplifies the Martial Spirit
- Competent knowledge of current 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> degree requirements performed in a masterful manner. (Thesis Form not required for candidates testing to 4<sup>th</sup> degree)
- Kenpo Khan
- Design your test. What do you think is a worthy goal? Challenge yourself. You have many options. You can learn and perform a series of forms and/or self-defense techniques (Must be learned prior to Black Belt Prep Classes)
- You can do an in-depth study of some aspect of martial arts training.
- You can challenge yourself physically, nutritionally or artistically.
- Your test presentation needs to be approved by a Shihan and Kyoshi Grube before the beginning of the Prep cycle.