

Kovars Black Belt Test Curriculum | December 2026

STRIKING

STRIKES

Jab Cross
Hook to Head/Body
Uppercut
Round Kick
Front Kick
Side Kick
Spin Side Kick
Elbow Strike
Knee Strike

DEFENSE

Pick, Slip, Fade, Double Shield (vs. Jab, Cross)
Shield, Crunch, Bob & Weave (vs. Hook Punch)
Deflect Uppercut
Shin Block, Crunch (vs. Round kick)
Scoop Block (vs. Front or Side Kick)

MOVEMENT

Step Forward/Back/Left/Right
Shuffle Forward/Back
L-Step
Pivot Step Forward/Back
Spin Step

CLINCH

GRIPS

Clinch Stance / Movement
Clinch Grips (Wrist, Bicep, Collar, Underhook)
Escape Grips (Wrist, Bicep, Collar, Underhook)
Rear Bear Hug Clinch Set

TAKEDOWNS

Double Leg Takedown
Single Leg Takedown
Mat Return
Sprawl to Headlock
Go-Behind Front Headlock

FALLS

Front Fall
Back Fall
Side Fall
Front Shoulder Roll
Back Shoulder Roll

GRAPPLING

MOUNT

Upa Escape
Hip Escape to Guard
Transition Mount to Back

GUARD

Arm Bar
Hip Bump Sweep
Scissor Sweep

SIDE CONTROL

Maintain Side Control
Elbow Escape to Guard
Transition Side Control to Mount

SELF-DEFENSE

Striking Talon A
Striking Talon B
Headlock A
Headlock B
Smothering Bear A
Smothering Bear B
Smothering Bear C
Smothering Bear D
Straight Punch Defense
Hook Punch Defense
Haymaker Defense
Overhand Defense
Choke Defense (Two-Hand)
Push Defense (Two-Hand)
Pull Defense (One-Hand)
Tackle / Double Leg Defense
Ground & Pound Defense (Guard & Mount)
Defend from Scorpion
(Move, Kick, Defend, Technical Stand-Up)
Targeting Set

WEAPONS

Stance / Movement
5 Basic Strikes
Combination Strikes
Largo Mano 1-5 (Evade, Counter / Meet, Counter)
Doce Pares Form 1

FITNESS

20 Pushups (goal: 1 minute)
40 Squats (goal: 2 minutes)
Plank Hold (Jr BB 90 seconds, 1st Degree 2 minutes)