

2nd Degree Requirements

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

- Competent Knowledge of 1st 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

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 Front Headlock
Go-Behind

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 1.5 min, 1st Degree 2 min)