

# 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
- 100-Count Kenpo Combo
  - **Performed 3 ways** (touch & press on a partner, with accurate targeting – 45 seconds or less on a wavemaster – each block & strike with power on a wavemaster)
- Basic Trapping Range Skills
- Joint Manipulation
  - **12 Count Chin Na Flow** (6 count wrist flex flow, 6 count elbow/shoulder flow)
- Grappling Set #1
- Largo Mano/Serrada Combo 1-5
- Kenpo 6
- Progressive Self Defense Sequence #1
- 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 which could include the styles that make up the Kovar's Blend (see bottom of 1<sup>st</sup> Degree Curriculum Sheet)
- 30 Hours of school service (check with your campus)

## **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

**\*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.**

# Current 1<sup>st</sup> Degree Curriculum

## **SELF DEFENSE**

### **Beginner Series**

Circling Arms A & B  
Collapsing Limbs A & B  
Sweeping Arm Hook  
Striking Talon A & B  
Head Lock A & B (both sides)

### **Punch Defense Series**

Four Swords (both sides - hook punch)  
Divided Sword (both sides - straight punch)

### **Push/Pull Series**

Circling Serpent (both sides-1 hand push)  
Grasping Tiger (both sides -1 hand pull)  
Terminator (2 hand push)

### **Weapons Defense Series**

Attacking Spears (knife)  
Evading Thorn A (knife)  
Cold Steel (knife thrust)

### **Two on One Series**

Ricochet  
Circle of Destruction

### **Bear Hug Series**

Smothering Bear A, B, C, D

### **Take Down Defense Series**

Stopping the Bull A, B, C

### **Ground Defense Series**

Springing Scorpion A & B

### **Grappling Series**

Moving the Mountain A & B (escape mount)  
Winding Pass (escape back)  
Tumbling Rock (headlock)  
Pushing the River (escape guard)

## **ARNIS**

Demo Sinawali

Single Stick Skills

- Largo Mano (Evade, Meet Counters)
- Serrada Counters (X-Marks the Spot)

## **FORMS**

Basic Blocking Set  
Targeting Set # 1  
Striking Set  
Two Count Basics  
Iron Horse  
Retreating Dragon  
Doce Pares Form #1  
4 Basic Positions  
Basic Warm Up Set

## **KICK- BOXING SKILLS**

3-Count  
4-Count  
9-Count Blocking  
10-Count  
12-Count

## **FALLING SKILLS**

Front Fall, Back Fall, Side Fall

## **ADDITIONAL REQUIREMENTS**

Ground (bad position) & Padded Weapon  
Demonstrate How to Tie Your Belt  
Name 4 Styles that are in the Kovar's Blend  
Name 4 Benefits of the Kiai

## **5 AREAS OF TESTING**

Health and Fitness  
Knowledge of Curriculum  
Attendance, Attitude and Protocol  
Spirit and Energy  
Basics and Application

## **Notes:**

- When eligible for 1<sup>st</sup> degree, Black Belt Prep classes will be held at the Carmichael Satori Academy.
- Gear Requirements: Caged Headgear, Shin Pads, Fingerless Gloves, Combat Sword, 2 Arnis Sticks**

Curriculum Developed from the following styles of Martial Arts:  
Kenpo Karate, Arnis, Serrada-Escrima, Brazillian Jiu Jitsu, Chin Na, Doce Pares,  
Jeet Kun Do, Kosho Ryu, Mixed Martial Arts, Muay Thai, Tae Kwon Do, Western Boxing.