

# 3rd Degree Requirements

Minimum of 3 Years Active Training Plus a  
Minimum of 7 Chevrons

- First and foremost, one who exemplifies the Martial Spirit
- Competent Knowledge of Current 1st and 2<sup>nd</sup> degree Curriculum
- A 2 to 3 - Minute Lecture on the Benefits of Martial Arts Training For People in General, and what it has done for you personally
- Highly Proficient in “Practical Kenpo” - 15 Self-Defense Techniques (Must be learned prior to BBP Classes and MUST have a partner)
- Kenpo Khan
- Thesis Demonstration (Must be approved by head instructor from your academy)
- 1 Additional Empty hand Forms Choosing from:  
Stalking Tiger – Mass Attack – Two Man Set
- 1 Additional Weapons form not previously tested on for belt advancement (Must be learned prior to Black Belt Prep Classes)
- 8 Two – minute Rounds on Miscellaneous Bags

Plus Any 1 of the Following

- Highly Proficient with your “Weapon of Choice” Including  
1 Form using your weapon of choice  
Plus 2 of the following:  
Bunkai with your Form – Hojo-undos – Weapon disarms  
Application against other weapons (check with your Instructor) (Must be learned prior to Black Belt Prep Classes)
- 1 Additional Form not previously tested on for belt advancement (Weapon or Empty Hand) (Must be learned prior to Black Belt Prep Classes)