



SECOND DEGREE BLACK BELT REQUIREMENTS

- Competent knowledge of 1st Degree curriculum
- Minimum 24 months of **active** training between 1st & 2nd degree.
- Must be at least 12 years of age.
- ACTIVE training (minimum twice per week) leading up to candidate cycle.
- A 2 to 3 minute testimonial on what martial arts training has done for you personally (given on test day).
- A 500 word essay on what being a Second Degree Black Belt means to you.
- All requirements below are in addition to First & Degree requirements.

Form Requirements

1. Black Belt Power Form
2. Any weapons form taught at Black Belt or Under Black Belt with the Kama or Double Nunchakus.

Sparring Requirements

2 on 1 sparring (One 2:00 round)