



THIRD DEGREE BLACK BELT REQUIREMENTS

- First and foremost, one who exemplifies the martial spirit.
- Exceptional physical fitness and martial arts technique.
- Minimum 36 months of **active** training between 2nd & 3rd degree.
- Must be at least 17 years of age.
- Competent knowledge of first and second degree curriculum.
- ACTIVE training (minimum twice per week) leading up to candidate cycle.
- A 2 to 3 minute testimonial on the benefits of martial arts training for people in general, and what it has done for you personally (given on test day).
- A 500 word essay on what being a Third Degree Black Belt means to you.
- All requirements below are in addition to First & Second Degree requirements.

Kali / Filipino Martial Arts Requirements

1. 64 Combinations of Inward / Backhand

Open: III

Open: IIB

Closed: IBI (Umbrella 6)

Closed: IBB (Heaven 6)

Closed: BBB

Closed: BBI

Closed: BIB

Open: BII

2. Seguida (Solo drills) #1-#8

1. Full Crucifix

2. Half Crucifix

3. Combining Crucifix

4. Downward Figure 8

5. Upward Figure 8

6. Flat 8 - Half Crucifix

7. Flat 8 - Full Crucifix

3. Sombrada / Box Pattern (3-count & 5-count)

Creative Form Requirements

1. Creative Kickboxing Based Form (Similar to Pride or Power Form)

Minimum 35 moves / Maximum 55 moves

Required Movements:

360 Backfist

360 Round Kick

360 Switch Kick

Superman punch

Sparring Requirements

3 on 1 sparring (One 2:00 round)

Padded stick sparring (Two 2:00 Rounds) - No head contact!