

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 2nd 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)
- 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)
- [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)