

EVOLUTION MARTIAL ARTS

BLACK BELT 2ND DEGREE TO 3RD DEGREE

A: ATTENDANCE

1. Minimum 3 years attendance from last test
2. Assist 3 classes per week
3. Must earn all belt rank patches for assisting classes

B: EVOLUTION MARTIAL ARTS COMBINATIONS

*** ALL Evolution Martial Arts combinations- White through Black

1. Jab/Pushing Front Kick/Slashing Elbow/Knee/Leg Chop
2. Hook-5 Round Kicks/Back Round/540 Tornado/ Spin Hook/
Punch
3. Side-Hook-Low Round-High Round-Lotus-High Round/Back
Fist/Punch/Slashing elbow/Spin Kick/NO HAND Sweep/Jump
Spin Kick/punch
4. Creative combination x2 (Minimum 5 moves)

C: FORMS

1. All Evolution Martial Arts forms-White through Black
2. Bo Kihon Shodan- Bo Kihon Nidan- Black Wind
3. Nunchaku Control- Nunchaku Kihon Shodan- Double Nunchuks
4. Kama- Sai- Tonfa- Samurai Sword
5. Creative Form

D: SELF DEFENSE

1. All Evolution Martial Arts self defense
2. Nunchaku vs. Empty Hand 1-10
3. Bo vs. Empty hand 1-10
4. Bo vs. Bo 1-10
5. Bo Complex
6. Escrima Complex
7. Escrima vs. Escrima 1-5- Sparring
8. Knife vs. Knife 1-5- Sparring
9. Gun 1-5
10. Creative Self Defense

E: GRAPPLING

1. All take downs

2. All Positions

Mount- Guard- Half Guard- Side Mount- Side Control-

North/South- Base

3. Reversals

4. All Arm Locks

5. All Chokes

6. All Leg Locks

7. Ground and Pound

F: BREAKING

1. Single Board w/ Arm

2. Single Board w/ Kick

3. Brick Break

G: SPARRING -3 times each month

“MIGHT FOR RIGHT”