# EVOLUTION MARTIAL ARTS

# BLACK BELT 2<sup>ND</sup> DEGREE TO 3<sup>RD</sup> 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"