



USA KUNG FU STUDIO

First Degree Black Belt*

Note: Red Black belt test is required before taking First degree black belt test.

1. Proficiency in six (6) routines randomly chosen from White belt to Red Belt.
2. Proficiency in six (6) breaking techniques randomly chosen from White Belt to Red Belt.
3. Proficiency in six (6) joint-lock and self defense techniques randomly chosen from White Belt to Red Belt.
4. Proficiency in body conditioning test for Red Black Belt.

(This requirement may be exempted for members that are over 40 years of age or need accommodation)

Second Degree Black Belt* - Certification of USAKFS Instructor

1. Proficiency in applications from six (6) belts randomly chosen from White belt to Red belt.
2. Proficiency in basic techniques for sparring from six (6) belts randomly chosen from white to Red belt.
3. Minimum of 40 hours of teaching experience.
4. Proficiency in bare hand and weapon sparring(Dagger,Staff, sword and spear) .
5. Breaking techniques with hands, feet, and head that indicate strength and power for martial application.

Third Degree Black Belt* - Master Level

1. Ten (10) additional Joint-lock techniques, ten (10) additional take-down techniques, ten (10) ground fighting techniques.

And ten (10) effective pressure point attacks.

2. Bare-handed free sparring against weapon
- 3 .Proficiency in more than ten (10) hand routines and ten (10) weapon routines.
4. Has judged in a national and/or international martial arts events.
5. Published pieces of work in the field of martial arts (books, magazine or journal articles, videos, audiotapes...).
6. A minimum of 10 years of teaching experience.
7. A qualified Second Level holder may be exempt from all the above requirements and be awarded Third Level Black Belt, if he or she has achieved recognition as a national free sparring champion.

** All 3 Black Belt degree requirements are subject to change.*