**Kickboxing**

**3rd Degree Black Belt**

**3rd Dan Phase One (Min Training Time - One Year)**

Bakbakan Knife Form 1 & Applications

Vertical Grappling Technique 1 (Left & Right)

**3rd Dan Phase Two (Min Training Time - One Year)**

Bakbakan Knife Form 2 & Applications

Sword Crossada

Vertical Grappling Technique 2 (Left & Right)

**3rd Dan Phase Three (Min Training Time – One Year)**

Bakbakan Knife form 3

Sword & Dagger (Applications & Form)

Vertical Grappling Technique 3 (Left & Right)

**Grading to 4th Degree Black Belt (Min Training Time – One Year)**

Bakbakan Knife Form 4

Vertical Grappling Technique 4 (Left & Right)