



## 1<sup>st</sup> Degree Black Belt

### KAMA'S PATTERN

GET READY	TECHNIQUE	STANCE	HEIGHT	NOTES
1.	TWIN DOWN BLOCK	L KNEE	LOW	<i>R KNEE UP</i>
<i>STAND UP</i>				
2.	REVERSE ROTATIONS	PARALLEL		
3.	FORWARD ROTATIONS	PARALLEL		
4.	TWIN HORIZONTAL CUTS	PARALLEL		
5.	L FORWARD ROTATION	PARALLEL		
6.	L DOWNWARD DIAGONAL CUT	R FRONT		
 <u>SECTION 1</u>				
7.	L HORIZONTAL CUT	R FRONT	SHOULDER	
8.	R HORIZONTAL CUT	TURNING	SHOULDER	
9.	L HORIZONTAL CUT	L FRONT	SHOULDER	
10.	R KAMA PUNCH STRIKE	L FRONT	HIGH	
 <u>SECTION 2</u>				
11.	R FRONT KICK		LOW	
12.	R SKIP FRONT KICK		MIDDLE	
13.	BOUND SPLIT KICK		HIGH	
14.	L HORIZONTAL CUT	L FRONT	SHOULDER	
15.	R WIDE 7 CUT	L FRONT		
16.	L WIDE 7 CUT	L FRONT		

<u>SECTION 2 (CONT.) TECHNIQUE</u>			<u>STANCE</u>	<u>HEIGHT</u>	<u>NOTES</u>
17.	R	WIDE 7 CUT	L FRONT		
18.	L	WIDE 7 CUT	L FRONT		
19.		TWIN FORWARD ROTATIONS	R FOOT		<i>L KNEE UP</i>
20.		KAMA TWIN PUNCH STRIKE	L FRONT	HIGH	
<u>SECTION 3</u>					
21.	L	HORIZONTAL CUT	L FRONT	SHOULDER	
22.	R	KAMA PUNCH STRIKE	L FRONT	HIGH	
23.	L	KAMA PUNCH STRIKE	L FRONT	HIGH	
24.	R	KAMA PUNCH STRIKE	L FRONT	HIGH	
25.		TWIN FORWARD ROTATIONS	L FOOT		R KNEE UP
26.		L UPWARD KAMA BLOCK / R DOWNWARD DIAGONAL CUT	L FOOT		<i>R KNEE UP</i>
27.	R	SIDE KICK	L FOOT		
28.		TWIN FORWARD ROTATIONS	R FOOT		<i>L KNEE UP</i>
29.		TWIN KAMA PUNCH STRIKE	L FRONT	HIGH	
<u>SECTION 4</u>					
30.		SPLIT HANDS (L UP/ R DOWN)	R FRONT		
31.		R REVERSE ROTATIONS UP / L FORWARD ROTATION DOWN	R FRONT		
32.	R	FORWARD ROTATION	R FRONT		
33.	R	DOWNWARD DIAGONAL CUT	L FRONT		
34.	R	FINGER SPIN UP AT A 45 DEGREE ANGLE	R FRONT		
35.	R	FORWARD ROTATION	R FRONT		
36.	R	RELEASE AND CATCH			
37.		L HORIZONTAL CUT / R BACK HOR. ELBOW	R FRONT		

<u>SECTION 5</u>	<u>TECHNIQUE</u>	<u>STANCE</u>	<u>HEIGHT</u>	<u>NOTES</u>
38.	L TSUNAMI (SWITCH HOOK KICK)		HIGH	
39.	L POP FRONT KICK		HIGH	
40.	1 HANDED CARTWHEEL W/ NO WEAPON HOLDING HAND			
41.	R POP FRONT KICK		HIGH	
42.	TWIN FORWARD ROTATIONS	L FOOT		<i>R KNEE UP</i>
43.	TWIN KAMA PUNCH STRIKE	R FRONT	HIGH	
<u>SECTION 6</u>				
44.	R HORIZONTAL CUT	R FRONT	SHOULDER	
45.	L KAMA PUNCH STRIKE	R FRONT	HIGH	
46.	R KAMA PUNCH STRIKE	R FRONT	HIGH	
47.	L KAMA PUNCH STRIKE	R FRONT	HIGH	
48.	TWIN FORWARD ROTATIONS	R FOOT		<i>L KNEE UP</i>
49.	R UPWARD KAMA BLOCK / L DOWNWARD DIAGONAL CUT	R FOOT		<i>L KNEE UP</i>
50.	L SIDE KICK	R FOOT		
51.	TWIN FORWARD ROTATIONS	R FRONT		
52.	TWIN KAMA PUNCH STRIKE	R FRONT	HIGH	
<u>SECTION 7</u>				
53.	SPLIT HANDS (R UP/ L DOWN)	L FRONT		
54.	L REVERSE ROTATIONS UP / R FORWARD ROTATION DOWN	L FRONT		
55.	L FORWARD ROTATION	L FRONT		
56.	L DOWNWARD DIAGONAL CUT	R FRONT		
57.	L FINGER SPIN UP AT A 45 DEGREE ANGLE	L FRONT		
58.	L FORWARD ROTATION	L FRONT		

<u>SECTION 7 (CONT.) TECHNIQUE</u>		<u>STANCE</u>	<u>HEIGHT</u>	<u>NOTES</u>
59.	L	RELEASE AND CATCH		
60.		<b>R</b> HORIZONTAL CUT / <b>L</b> BACK HOR. ELBOW		L FRONT
 <u>SECTION 8</u>				
61.	R	TSUNAMI (SWITCH HOOK KICK)	HIGH	
62.	R	POP FRONT KICK	HIGH	
63.		1 HANDED CARTWHEEL W/ NO WEAPON HOLDING HAND		
64.	L	POP FRONT KICK	HIGH	
65.		TWIN FORWARD ROTATIONS		R FOOT <i>L KNEE UP</i>
66.		TWIN KAMA PUNCH STRIKE	HIGH	L FRONT

**COME TO RESTING POSITION**

**(R)** = RIGHT

**(L)** = LEFT

\* THIS GUIDE IS NOT MEANT TO REPLACE CLASS INSTRUCTION AND MAY NOT EXPLAIN THE PATTERN COMPLETELY

\* THIS GUIDE SHOULD BE USED IN CONJUNCTION WITH REGULAR CLASS ATTENDANCE AND THE ONLINE VIDEO SERIES

\* IF (L) AND/OR (R) IS NOT PRESENT BEFORE A TUMBLING OR TRICKING TECHNIQUE, EXCLUDING CARTWHEELS, THEN IT'S THE STUDENT CHOICE WHICH ONE TO USE

\* RED NUMBERS INDICATE WHERE KIAI'S ARE PERFORMED