



1st 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		

SECTION 1

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
11.	SPLIT HANDS (L UP/ R DOWN)	L FRONT	
12.	R REVERSE ROTATIONS UP /		
	L FORWARD ROTATION DOWN	L FRONT	
13.	L REVERSE ROTATIONS UP /		
	R FORWARD ROTATION DOWN	L FRONT	
14. L	KAMA PUNCH STRIKE	L FRONT	HIGH
15. R	KAMA PUNCH STRIKE	L FRONT	HIGH

SECTION 2		TECHNIQUE	STANCE	HEIGHT	NOTES
16.	R	FRONT KICK		LOW	
17.	R	SKIP FRONT KICK		MIDDLE	
18.		BOUND SPLIT KICK		HIGH	
19.	L	HORIZONTAL CUT	L FRONT	SHOULDER	
20.	R	WIDE 7 CUT	L FRONT		
21.	L	WIDE 7 CUT	L FRONT		
22.	R	WIDE 7 CUT	L FRONT		
23.	L	WIDE 7 CUT	L FRONT		
24.		TWIN FORWARD ROTATIONS	R FOOT		<i>L KNEE UP</i>
25.		KAMA TWIN PUNCH STRIKE	L FRONT	HIGH	

SECTION 3

26.	L	HORIZONTAL CUT	L FRONT	SHOULDER	
27.	R	KAMA PUNCH STRIKE	L FRONT	HIGH	
28.	L	KAMA PUNCH STRIKE	L FRONT	HIGH	
29.	R	KAMA PUNCH STRIKE	L FRONT	HIGH	
30.		TWIN FORWARD ROTATIONS	L FOOT		R KNEE UP
31.		L UPWARD KAMA BLOCK / R DOWNWARD DIAGONAL CUT	L FOOT		<i>R KNEE UP</i>
32.	R	SIDE KICK	L FOOT		
33.		TWIN FORWARD ROTATIONS	R FOOT		<i>L KNEE UP</i>
34.		TWIN KAMA PUNCH STRIKE	L FRONT	HIGH	

<u>SECTION 4</u>		<u>TECHNIQUE</u>	<u>STANCE</u>	<u>HEIGHT</u>	<u>NOTES</u>
35.		SPLIT HANDS (L UP/ R DOWN)	R FRONT		
36.		R REVERSE ROTATIONS UP / L FORWARD ROTATION DOWN	R FRONT		
37.	R	FORWARD ROTATION	R FRONT		
38.	R	DOWNWARD DIAGONAL CUT	L FRONT		
39.	R	FINGER SPIN UP AT A 45 DEGREE ANGLE	R FRONT		
40.	R	FORWARD ROTATION	R FRONT		
41.	R	RELEASE AND CATCH			
42.		L HORIZONTAL CUT / R BACK HOR. ELBOW	R FRONT		
 <u>SECTION 5</u>					
43.	L	TSUNAMI (SWITCH HOOK KICK)		HIGH	
44.	L	POP FRONT KICK		HIGH	
45.		1 HANDED CARTWHEEL W/ NO WEAPON HOLDING HAND			
46.	R	POP FRONT KICK		HIGH	
47.		TWIN FORWARD ROTATIONS	L FOOT		R KNEE UP
48.		TWIN KAMA PUNCH STRIKE	R FRONT	HIGH	
 <u>SECTION 6</u>					
49.	R	HORIZONTAL CUT	R FRONT	SHOULDER	
50.	L	KAMA PUNCH STRIKE	R FRONT	HIGH	
51.	R	KAMA PUNCH STRIKE	R FRONT	HIGH	
52.	L	KAMA PUNCH STRIKE	R FRONT	HIGH	
53.		TWIN FORWARD ROTATIONS	R FOOT		L KNEE UP

<u>SECTION 6 (CONT.) TECHNIQUE</u>			<u>STANCE</u>	<u>HEIGHT</u>	<u>NOTES</u>
54.		R UPWARD KAMA BLOCK / L DOWNWARD DIAGONAL CUT	R FOOT		<i>L KNEE UP</i>
55.	L	SIDE KICK	R FOOT		
56.		TWIN FORWARD ROTATIONS	R FRONT		
57.		TWIN KAMA PUNCH STRIKE	R FRONT	HIGH	
 <u>SECTION 7</u>					
58.		SPLIT HANDS (R UP / L DOWN)	L FRONT		
59.		L REVERSE ROTATIONS UP / R FORWARD ROTATION DOWN	L FRONT		
60.	L	FORWARD ROTATION	L FRONT		
61.	L	DOWNWARD DIAGONAL CUT	R FRONT		
62.	L	FINGER SPIN UP AT A 45 DEGREE ANGLE	L FRONT		
63.	L	FORWARD ROTATION	L FRONT		
64.	L	RELEASE AND CATCH			
65.		R HORIZONTAL CUT / L BACK HOR. ELBOW	L FRONT		
 <u>SECTION 8</u>					
66.	R	TSUNAMI (SWITCH HOOK KICK)		HIGH	
67.	R	POP FRONT KICK		HIGH	
68.		1 HANDED CARTWHEEL W/ NO WEAPON HOLDING HAND			
69.	L	POP FRONT KICK		HIGH	
70.		TWIN FORWARD ROTATIONS	R FOOT		<i>L KNEE UP</i>
71.		TWIN KAMA PUNCH STRIKE	L FRONT	HIGH	

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 ATTENDENCE 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