



1st Degree Black Belt

KAMA BASICS

VIDEO 1

1. PROPER HOLDING OF THE KAMA
2. ATTENTION STANCE
3. RESTING POSITION
4. LISTENING POSITION

VIDEO 2

5. STRAIGHT PUNCH
6. TWIN STRAIGHT PUNCH
7. OVER SHOULDER ANGLED STRIKE
8. TWIN OVER SHOULDER ANGLED STRIKES

VIDEO 3

9. UP BLOCK
10. DOWN BLOCK
11. INNER BLOCK
12. OUTER BLOCK
13. FORWARD ROTATIONS
14. BACKWARD ROTATIONS
15. ALTERNATING ROTATIONS

VIDEO 4

16. HORIZONTAL CUTS (NO CHAMBER AND CHAMBER)
17. DOWNWARD DIAGONAL CUTS
18. NARROW 7 CUT
19. WIDE 7 CUT

VIDEO 5

20. FINGER SPINS

- a. HORIZONTAL
- b. DIAGONAL
- c. VERTICAL

21. KAMA RELEASE AND CATCH

