

# KALI (OPEN SERIES) CYCLE



RED & HIGH RED BELT WORD OF THE BELT: **POSITIVE SELF-DIRECTION**

Winning Black Belts have clearly defined goals and purpose, which are constantly referred to on a constant basis. Winners are role and goal driven and get what they set!

LOW BROWN BELT WORD OF THE BELT: **POSITIVE SELF-PROJECTION**

Winning Black Belts project their best selves every day in the way they look, talk, listen, and react. Winners communicate immediate impressions of happiness and success at all times.



**HIGH RED BELT COMBOS**



**3 FADE RIDGEHAND, HOOK KICK, REVERSE PUNCH**



**4 RETREATING SIDE KICK, STEP-BEHIND HOOK KICK/ROUND KICK, FRONT BACKFIST, REVERSE PUNCH**



**WEAPON**



**KALI (OPEN SERIES)** FILIPINO MARTIAL ART USING STICKS

MY **GOAL**

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**TEST TIME!!** DID YOU MEET YOUR GOAL?

☐

Yes!

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Not yet, still working on my goal!



**SCAN ME**  
to see this  
curriculum  
on our  
website!

2 MONTHS



# KALI (OPEN SERIES)

*Sticks start on shoulders and return to shoulders between each set, V-step footwork*

## **4-COUNT**

*Right hand, right foot – step forward  
temple strike, knee strike*

*Step back, feet together*

*Left hand, left foot – step forward temple  
strike, knee strike*

*Step back, feet together*

## **6-COUNT**

*Right hand, right foot – step forward  
temple strike, knee strike, temple strike*

*Step back, feet together*

*Left hand, left foot – step forward temple  
strike, knee strike, temple strike*

*Step back, feet together*

## **TAP**

*Right hand, right foot – step forward  
temple strike, tap, knee strike*

*Step back, feet together*

*Left hand, left foot – step forward temple  
strike, tap, knee strike*

*Step back, feet together*

## **TAP TWIRL**

*Right hand, right foot – step forward  
temple strike, tap, twirl, knee strike*

*Step back, feet together*

*Left hand, left foot – step forward  
temple strike, tap, twirl, knee strike*

*Step back, feet together*

## **COB COB**

*No footwork*

*Right hand temple strike,  
left hand temple strike*

*Bend knees – Right hand temple strike,  
left hand temple strike*

*Stand up – Right hand knee strike,  
left hand knee strike*

## **CRADLE**

*Right hand, right foot – step back temple strike*

*switch – right hand to left shoulder,  
left hand knee strike*

*switch – left hand to left shoulder,  
right hand temple strike  
right hand to right shoulder*

*Step back, feet together*

*Left hand, left foot – step back temple strike*

*switch – left hand to right shoulder,  
right hand knee strike*

*switch – right hand to left shoulder,  
left hand temple strike  
left hand to left shoulder*

*Step back, feet together*

## **MEET AND MERGE (“I GO, YOU GO”)**

*Right hand, right foot – temple strike,  
partner #1 push strike, partner #2 blocks*

*Step back, feet together*

*left hand, left foot – temple strike,  
partner #1 push strike, partner #2 blocks*

*Step back, feet together*

*\* Repeat, switching roles \**