

KAMA 1 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.



LOW BROWN BELT COMBOS



3 JAB, CROSS, BACK-LEG TEEP KICK (SET BEHIND), FRONT RIDGEHAND



4 JUMP REVERSE ROUND KICK, REVERSE HOOK KICK, FRONT BACKFIST, STEP-THROUGH HOOK PUNCH



FORM



KAMA 1 JAPANESE MARTIAL ART USING A TRADITIONAL FARMING TOOL

MY **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

Yes!

Not yet, still working on my goal!



SCAN ME
to see this
curriculum
on our
website!

2 MONTHS

