

KALI (CLOSED SERIES) CYCLE



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 BROWN BELT WORD OF THE BELT: **POSITIVE SELF-DIMENSION**

Winning Black Belts are in harmony with themselves and their peers. Winners lead others by example and focus on helping others achieve success in their lives, earning love and respect.



HIGH BROWN BELT COMBOS



1 BACK-LEG ROUND KICK, TORNADO KICK, REVERSE HOOK KICK (SET BEHIND), BACK-LEG ROUND KICK, REVERSE PUNCH



2 SLIDE-IN ROUND KICK, DOWN ROUND KICK/UP HOOK KICK, REVERSE PUNCH



WEAPON



KALI (CLOSED SERIES) FILIPINO MARTIAL ART USING STICKS

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



KALI (CLOSED SERIES)

Start with right stick on shoulder and left stick under right arm

HEAVEN

Right hand – temple strike and end on left shoulder

Left hand – temple strike and end on left shoulder

Right hand – temple strike and end under left arm

Repeat other side

Left hand – temple strike and end on right shoulder

Right hand – temple strike and end on right shoulder

Left hand – temple strike and end under right arm

EARTH

Right hand – knee strike and end on left shoulder

Left hand – knee strike and end on left shoulder

Right hand – knee strike and end under left arm

Repeat other side

Left hand – knee strike and end on right shoulder

Right hand – knee strike and end on right shoulder

Left hand – knee strike and end under right arm

HEAVEN/EARTH

Right hand – temple strike and end on left shoulder

Left hand – knee strike and end on left shoulder

Right hand – temple strike and end under left arm

Repeat other side

Left hand – temple strike and end on right shoulder

Right hand – knee strike and end on right shoulder

Left hand – temple strike and end under right arm

EARTH/HEAVEN

Right hand – knee strike and end on left shoulder

Left hand – temple strike and end on left shoulder

Right hand – knee strike and end under left arm

Repeat other side

Left hand – knee strike and end on right shoulder

Right hand – temple strike and end on right shoulder

Left hand – knee strike and end under right arm