

KAMA 2 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.



BROWN BELT COMBOS



1 BACK UPPERCUT, FRONT HOOK PUNCH, BACK-LEG THRUST FRONT KICK (SET BEHIND)



2 THRUST FRONT KICK, SKIP FRONT KICK, LEAD BACKFIST (TRAP), LATERAL RIDGEHAND



FORM



KAMA 2 JAPANESE MARTIAL ART USING A 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

