

# ACTION KARATE

## ADVANCED CURRICULUM

### PHASE III

## UNIVERSAL KAMA



Hold kamas above head crossed to make a diamond-**“Action”** Hold kamas out to sides-**“Karate”** Bring kamas together in front of you-**“Kama”**- Bow-**“Kata”** Cross arms, left knee on floor- left strike forward – Cross arms, both knees on floor, downward strike to sides

Cross arms, left knee on floor, right strike forward – As you stand uplift left knee, right rising block left downward strike – Left leg moves to horse stance as left arm comes clockwise around your head and strikes opponents throat -- Left arm pulls back in as it circles around the front to strike the throat again -- Right knee up, left rising block a and right downward strike Right leg moves into horse stance as right arm comes in and circles counter clockwise around head and strikes opponent’s throat – Right arm pulls back in as it circles around the front to strike throat again

Left leg steps forward, bring both weapons in and slice across chest, turn weapons out and strike again, turn weapons in and strike in to chest

Turn 180 degrees around, right downward strike, right rising block, left punch strike

Turn 180 degrees back to front and slice up the body with the outer blade on both kamas – Left downward block, left rising block, right punch

Right front kick and left punch – Keep foot in air and right sidekick to 3:00 and right punch strike to 12:00 – Pivot right, land on left knee, strike to front with left kama

Stand up facing toward mirror-left strike cutting across angle from shoulder to hip, right strike to shoulder and right tension move from shoulder to hip on an angle

Right advancing front kick – Left leg dancers behind right, left punch toward ground – Left leg steps back into lean away stance, right downward block to front

Turn 180 degrees into guarding stance facing 6:00 – Step right, tornado kick – Land facing 12:00 with right knee on ground, left block above head right strike to groin – Stand –Chamber both kamas in right hand and bow out saying **“Action Karate Rocks”**

## History of Kamas

The kama is a deadly, razor sharp sickle that has a half-moon shaped blade and wooden handle. The Kama is still used by farmers today to cut rice and grass but seldom taught as a weapon due to its dangerous nature. The Kama is a defensive weapon that was used against sword and Bo attacks. It can become deadly when used as an extension of the users hands. In hand to hand fighting, the Kama is used to block a punch or kick but as it does so, the sickle blade can slash deeply into the arm or leg. There have been reported cases where a wrist or other body part was actually severed during practice and training.

In order to get the most out of your weapons training and get ahead of the line in your new curriculum, Action Karate offers several private training options designed for students who need extra help or just want to excel. Though students will learn everything they need to know for testing in class, some students want to learn how to become truly proficient in martial arts weapons and learn more advanced training techniques. Private Lessons allow our students to learn these more challenging skills and jump ahead of the class.

### “Jump Start” Option 1

2 Kama Private Lessons            \$79

### “The Kama Champion” Option 2

One Private Lesson each Month for the Next 12 Months            \$479