



Fundamental Series: Student Level 1 Curriculum

Criteria To Be Completed;

- Perform Medium Level Basics**
 - Basic ready position
 - Basic movement
 - Basic stick holding
 - Basic stick swinging
 - Basic swing types

- Perform sets 1 & 2 of the X Pattern** (*Retract/Retract & Swing Throughs*) in air and on inanimate object (heavy bag, BOB etc...) or with partner
 - Smooth motion
 - Correct angles
 - Correct order
 - Good biomechanical structure

- Perform male & female footwork patterns**
 - Smooth motion
 - Correct angles/steps
 - Good structure
 - Eyes forward (not on feet)

- Perform 1 minute of Flow Play** (known as 'Karrenza' in some styles of Kali)
 - Demonstrate unique movement
 - Demonstrate focus
 - Demonstrate enjoyment
 - Demonstrate structure from basics throughout

- Attempt adding a simple cognitive load to any set** (*add footwork, attempt coding game etc...*)