



Fundamental Series: Student Level 2 Curriculum

Criteria To Be Completed;

1. Perform Good Level Basics

- Basic ready position
- Basic movement
- Basic stick holding
- Basic stick swinging
- Basic swing types

2. Perform all X Pattern sets in air, on inanimate object (heavy bag, BOB etc...) AND with partner

- Smooth motion
- Correct angles
- Correct order
- Good biomechanical structure

3. Perform male & female footwork patterns (*open and closed triangles*)

- Smooth motion
- Correct angles/steps
- Good structure
- Eyes forward (not on feet)
- Change directions

4. Perform 2 minutes of Flow Play (known as 'Karrenza' in some styles of Kali)

- Demonstrate creativity
- Demonstrate different speeds
- Demonstrate use of space
- Demonstrate movement outside structure of the X Pattern

5. Increased cognitive loads;

- Perform at least set's 1 & 2 with choice of footwork patterns
- Perform fluid coding game at 4 numbers
- Additional cognitive load of choice