



Fundamental Series: Student Level 3 Curriculum

Criteria To Be Completed;

1. Perform High 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 all footwork patterns (*open and closed, multiple directions etc...*)

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

4. Perform "shadow" footwork (*similar to shadow boxing, but with just footwork*)

- Ability to move through all footwork patterns in a creative flow

5. Perform 4 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

6. Increased cognitive loads;

- Perform all X pattern sets with all footwork patterns.
- Perform X pattern and footwork sets simultaneously while assessing/responding to the environment
- Perform fluid coding game at 6 numbers
- Additional cognitive loads of assessors choice