



## Kama Certification

1. History of the weapon
2. Hand position on the Kama needs to be on the bottom third
3. Blade need to be in line with the “cutting knuckles”
4. The punch is a punch with the blade not a stab
5. Knife hand blocks – Blade to lips
6. Double chambers on blocks
7. Low Block – blade needs to be 4-6 inches above the knee and just to the outside
8. On high blocks make sure the blade “catches” the attack
9. Double Blocks – Specific Targets
10. By the numbers - #5 Spin chop punch
11. By the numbers #7 Left hand in chamber, right blade to the “tater” hole
12. Pivots on #'s 9-11
13. By the numbers - # 14 second knife hand block
14. By the numbers - # 15 two tornados spin chop punch
15. By the numbers - # 24 ending in ready position
16. Need to know the rhythm of the kata