

# RED BELT



## *Form*

Ka Chi (36 movements)  
Go Together. Sharing the journey of life.

## *Blocks*

All Previous

## *Stances*

All Previous

## *Self-Defense*

Two Hand Choke From Inside Guard

## *Strikes*

Clinch  
Jumping Spinning Roundhouse Kick  
Jumping Spinning In-Out Crescent Kick

## *Grappling*

Tai-Otoshi Throw  
Americana (From Mount)