

Kama



As you might guess the Kama was used to cut grain and the like on the farm.

Beginning position looks like this:



Ready position



You can block and parry a sharp bladed attack or a Bo attack with ease. The kama can be held against the arm in several positions. These are a few:

Low block



High block



Inside block



Outside Block



As you can see the kama protects the arm from the attack. The kama can also be used in an open position holding the handle. Here are a few:

Low block



High block



Inside block



Outside block



Double low block



Double high block



For more information contact Omega Martial arts at 303-680-3567