

TRACY'S KENPO

1st Brown Belt Requirements Reference Manual



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It is essential that before following any of the activities, physical or otherwise, herein described, the reader should first consult his or her physician for advice on whether or not the reader or readers should embark on their physical activity described herein. Since the physical activities described herein may be too sophisticated in nature, it is essential that a physician be consulted

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1st Brown Belt Requirements

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Forms

Long 5

Mass Attacks A & B

1st Brown Belt

1. Legions of Ming: right kick, right punch

Defense:

Left foot steps back to 6:30, right downward block, and right reverse bow as you pivot to face 7:30 with your left hand cocked above your head. Pivot to face 12:00 as you do a left inward block, right hand in chamber. Shuffle forward with your right foot to 12:00 as you do a right forearm strike thru rib cage, left hand covers. Face 4:30 right backhand strikes thru kidney as your pivot to face 12:00, right ridge hand strikes to throat to 12:00.

2. Fish Hook: left right punch

Defense:

Right foot steps to 1:00 with a right inward block, left hand covers. Right forearm strikes in a CCW motion to the outside of the left punch, Right hand continues in a CCW motion to strike with a corkscrew punch to the left temple

3. The Sickle: right punch

Defense:

Left foot steps forward to 11:00, right CW, fan block, continues as a ridge hand to the groin as you go into a hard bow with left hand checking right arm. Left heel palm to right rib cage as you pivot to face 3:00, right vertical eagle beak strike to solar plexus as your left hand covers.

4. The Dagger AB: right punch

Defense A:

Step right to 12:00 right inward block then with a circular figure 8 motion go into a right chop to neck or collar bone. Using the same continuous motion do a right downward elbow strike to sternum followed by a right roll over hammerfist to groin followed up by a right swinging Backfist through head then a left heel palm thumb down, rotates CW to strike face.

Defense B:

Step right to 12:00 right inward block then with a circular figure 8 motion go into a right chop to neck or collar bone then a upward right heel palm strike through jaw then a right downward elbow to solar plexus followed by a right hammerfist to groin then a right back hand to side of face with a left heel palm, thumb down, rotates CW to strike face.

5. Mantis: right or left punch from side**Defense:**

Pivot to face 3:00 as you draw to a right cat stance with a right threading the needle block. Follow up with a right front snap kick and a left smoother block with a right Spear hand strike to throat or eyes.

6. Dancing Mantis: right left, or left right punch**Defense:**

Left foot steps forward to 10:30, right extended outward block to first punch as your left hand cocks past left side of head. Right foot draws to cat as you do a left inward block to second punch. Right hand cocks by right shoulder, right vertical eagle beak strike to right temple over your left blocking arm. Right snap kick to groin, if the attackers left are forward to rib cage if the right leg is forward.

7. Sticks of Satin AB: overhead club**Defense A:**

Left foot to 10:30 using a crossing block then both hands will grab club & swing downward to strike leg. Right hand releases grip on the club hand, right elbow strikes back to rib cage. Right foot sweeps back to 4:30 as you sweep the attackers right arm back followed by a roundhouse kick to body.