

Tracy's Kenpo Karate

Junior 1st Brown Belt Requirements

1. LEGIONS OF MING
2. FISH HOOK
3. THE SICKLE
4. THE DAGGER (AB)
5. MANTIS
6. WHIRLING MANTIS
7. STICKS OF SATIN (AB)
8. DIVING HAWK
9. ADVANCING HAMMERS
10. SWEEPING ARM HOOK
11. SNAPPING TWIG
12. BREAKING THE YOKE
13. PRAYER OF DEATH
14. RAISING THE SHIELD
15. CIRCLING THE PAGODA (ABC)
16. PASSING WIND (ABC)
17. GUIDING THE STAFF
18. CYCLONE
19. DOUBLE SPEAR (ABCD)
20. CROSSING SWORDS
21. WHIRLING THORN
22. SLASHING COUGAR
23. TWISTING KNEE (ABC)
24. PARTING THE REEDS

Forms

Two Man Set (right side)