

TRACY KENPO

2nd Brown Belt

龍
虎
精
神



拳
法
唐
手

Picture Manual

Copyright© 2017 by DomoAji Publishing

All rights are reserved. Printed in the United States of America. No Part of this book may be used or reproduced in any form or by any means, or stored in a database or retrieval system, without prior written permission of the author or publisher except in the case of brief quotations embodied in critical articles and reviews. Making copies of any part of this book for any purpose is a violation of the United States copyright laws.

Copyright© Jim/Leann Rathbone DomoAji Publishing 2017

All Rights reserved
Printed and Bound in USA

No part of this book may be reproduced or copied in any form without the written permission of DomoAji Publishing and/or Jim Rathbone, LeAnn Rathbone

Disclaimer

Please note that the publisher of this instructional book is NOT RESPONSIBLE in any manner whatsoever for any injury which may occur by reading and/or following the instruction herein. 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

Written by Leann Rathbone 5th Dan

For other great books please visit us at
www.DomoAji.com

2nd Brown Belt Requirements

1. **Hidden Fist AB:** *left grab to shoulder from left side*
2. **Rocker:** *cross hand push*
3. **Circling the Sun ABCD:** *left right punch*
4. **Leveling the Clouds:** *left punch*
5. **Plucking a Bird from the Sky:** *right punch*
6. **Sleeves of China:** *right punch from right side*
7. **Monkey Elbow AB:** *right punch from right side*
8. **Striking Asp ABC:** *two hand grab high*
9. **Shooting Star:** *handshake*
10. **Pushing the Circle ABC:** *left right punch*
11. **Circle of Glass:** *left right punch*
12. **Japanese Hands:** *straight push*
13. **Waterwheel AB:** *right punch*
14. **Tumbling Clouds ABC:** *knife*
15. **Rising Kick:** *right punch*
16. **Crane Kick:** *left or right punch*
17. **Sweeping Serpent:** *right punch right kick*
18. **Covering the Flame AB:** *gun*
19. **Cobra and the Mongoose:** *knife*
20. **Chinese Junk:** *two man attack*
21. **Dance of the Mongoose:** *roundhouse club on back swing*
22. **Offer of Dust:** *club poke*
23. **Ming's Sword:** *knife*
24. **Chinese Fan:** *knife*
25. **Locking the Gate:** *knife*
26. **Waterfall:** *right punch*
27. **Prance of the Tiger:** *right left punch*
28. **The Rake:** *right punch*
29. **3 Tongues of the Dragon:** *right punch*
30. **Blocking the Sun AB:** *left punch or combination punch*

Forms

Tiger and Crane
Skylight Staff

1. Hidden Fist AB: *left grab to right shoulder from side*

A: Left hand pins attacker's left hand. Right foot steps back to 5:30 as your right arm circles over the top and under the left elbow into a reverse hammerlock. Right backfist strikes thru back of head as you step forward right to 12:00. Right chop to throat, left vertical punch to ribs or body.





B: Left hand pins attacker's hand. Right foot steps back to 5:30, right arm circles over the top of left arm. Right foot steps to 12:00 as your right arm circles under left elbow to lock and break elbow. Left foot steps to 10:30, right chop to throat. Left vertical punch to ribs or body.





2. Rocker: *Cross body push*

Left foot steps to 11:30, right wrist pins attackers right arm from the inside at the same time left forearm strike to the outside of the elbow. Take attacker down, by pressing down with the left and lifting up with the right. Right arm keeps attackers arm trapped. Left elbow to temple, left elbow strikes down to spine.

