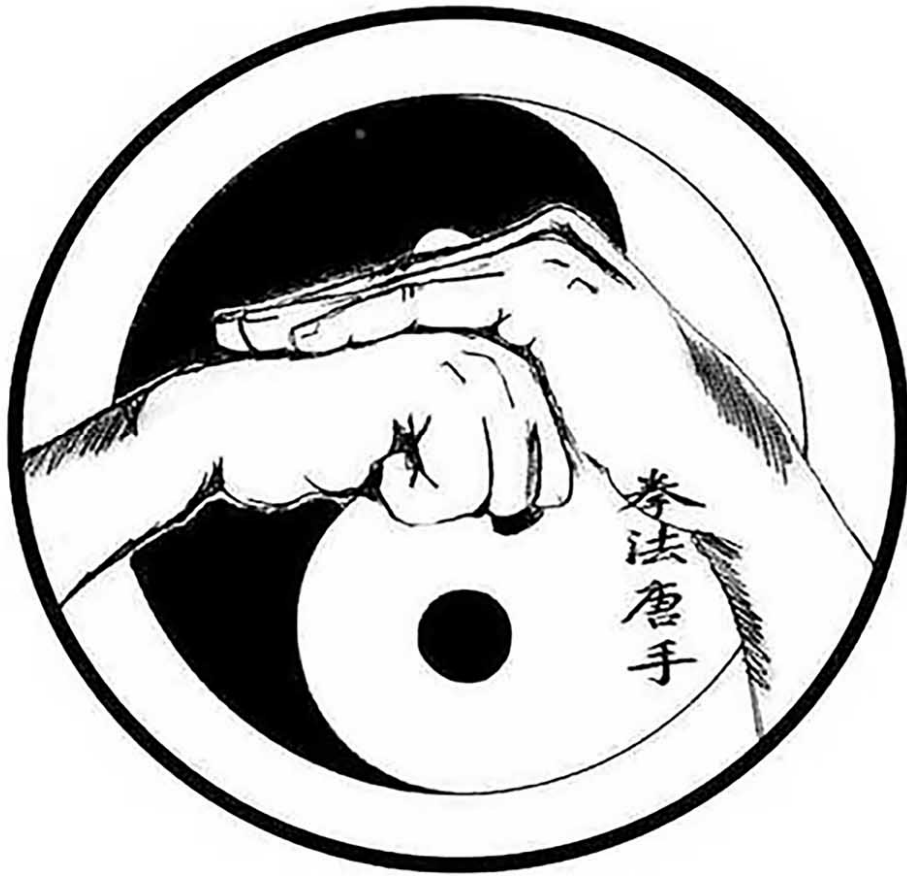


TRACY KENPO

Youth 2nd Brown Belt

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Picture Manual

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Written by Leann Rathbone 5th Dan

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2nd Brown Belt Requirements

1. **Hidden Fist:** *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. **Sleeves of China:** *right punch from right side*
6. **Monkey Elbow AB:** *right punch from right side*
7. **Striking Asp ABC:** *two hand grab high*
8. **Shooting Star:** *handshake*
9. **Pushing the Circle ABC:** *left right punch*
10. **Japanese Hands:** *straight push*
11. **Waterwheel B:** *right punch*
12. **Rising Kick:** *right punch*
13. **Crane Kick:** *left or right punch*
14. **Sweeping Serpent:** *right punch right kick*
15. **Covering the Flame AB:** *gun*
16. **Chinese Junk:** *two man attack*
17. **Offer of Dust:** *club poke*
18. **Locking the Gate:** *knife*
10. **Waterfall:** *right punch*
20. **Prance of the Tiger:** *right left punch*
21. **The Rake:** *right punch*
22. **3 Tongues of the Dragon:** *right punch*

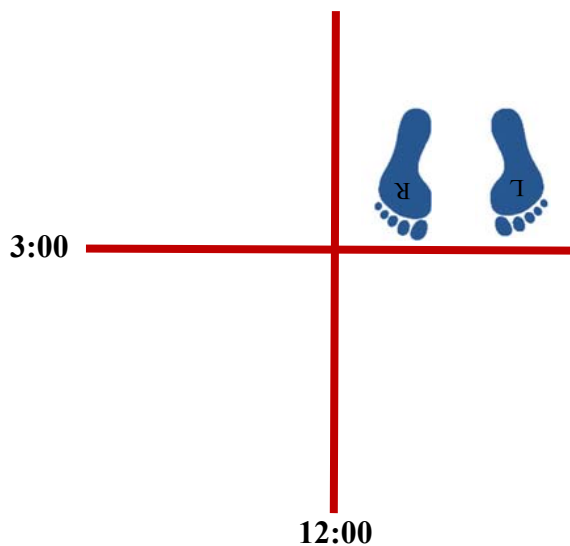
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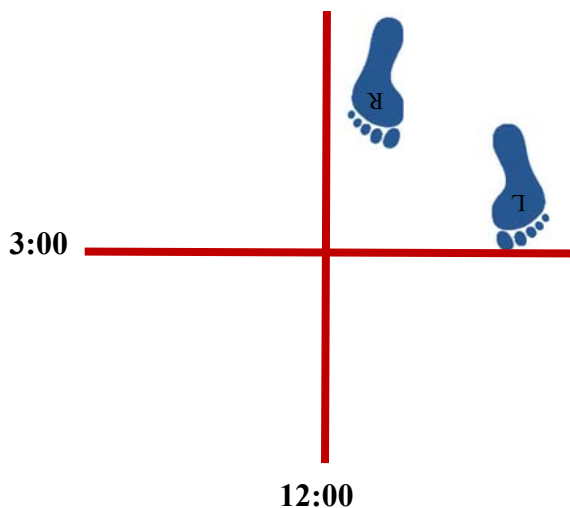
1. Hidden Fist: *left grab to right shoulder from side*



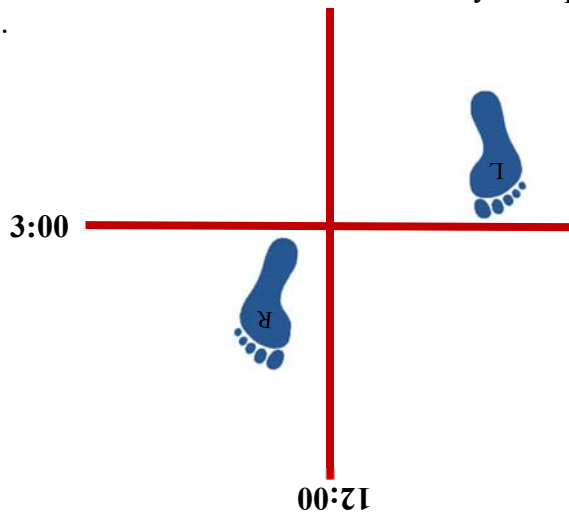
Left hand pins attacker's left hand.



Right foot steps back to 5:30 as your right arm circles over the top and under the left elbow into a reverse hammerlock.

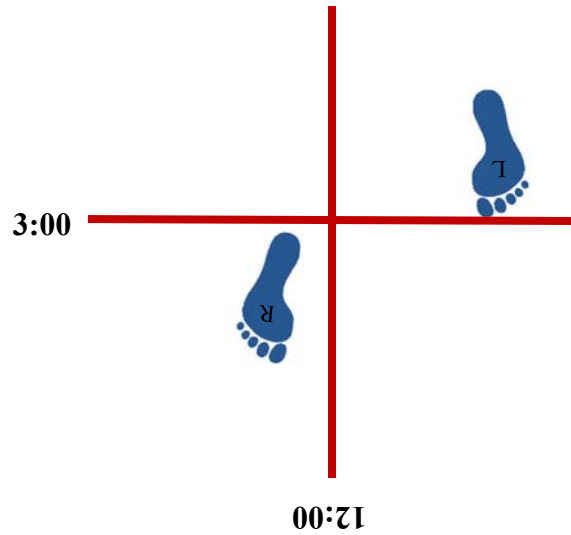


Right backfist strikes thru back of head as you step forward right to 12:00.





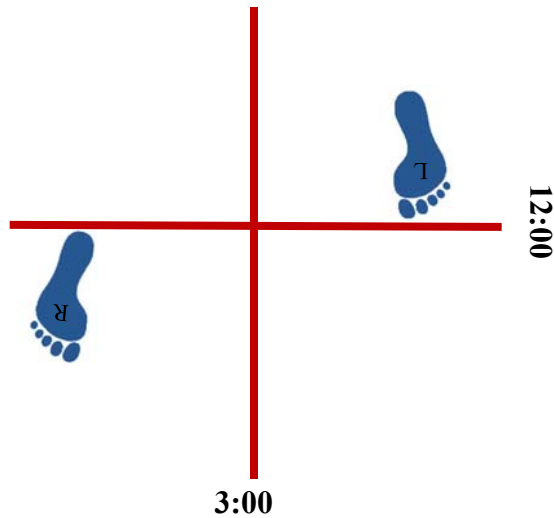
Right chop to throat, left vertical punch to ribs or body



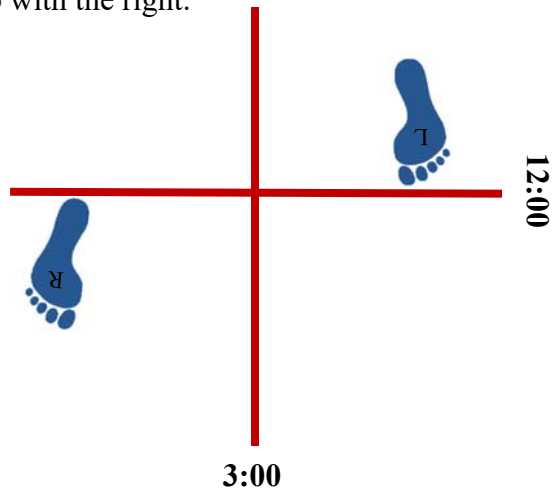
2. Rocker: Cross body push



Left foot steps to 11:30, right wrist pins attacker's right arm from the inside, left forearm strike to the outside of the elbow.

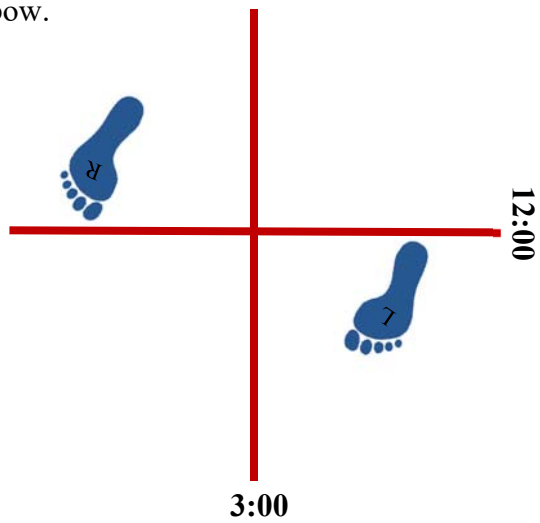


Take attacker down, by pressing down with the left and lifting up with the right.

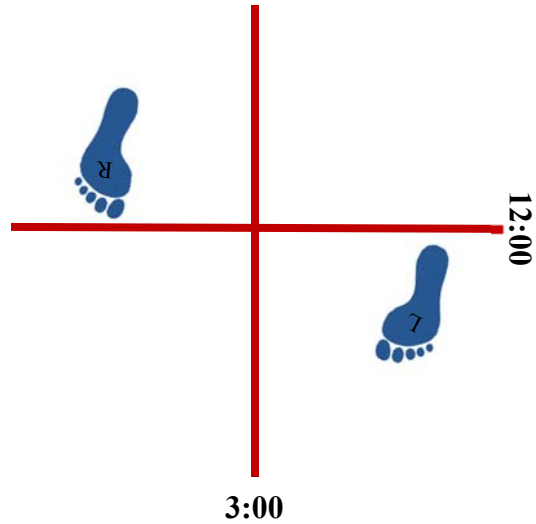




Left foot steps to 11:30, right wrist pins attackers right arm from the inside, left forearm strike to the outside of the elbow.



Left elbow strikes down to spine.

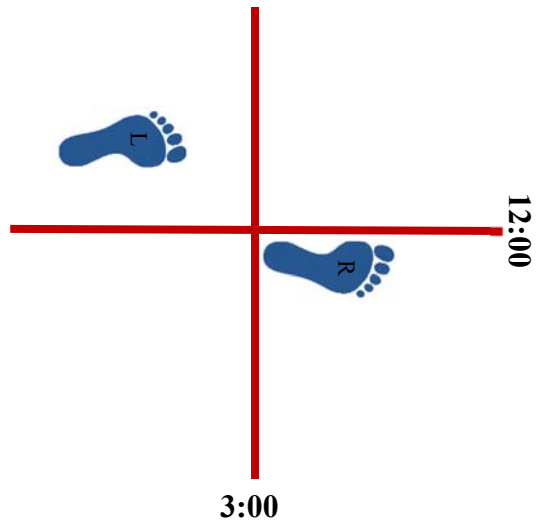


3. Circling the Sun ABCD: *left, right punch*

Defense A:

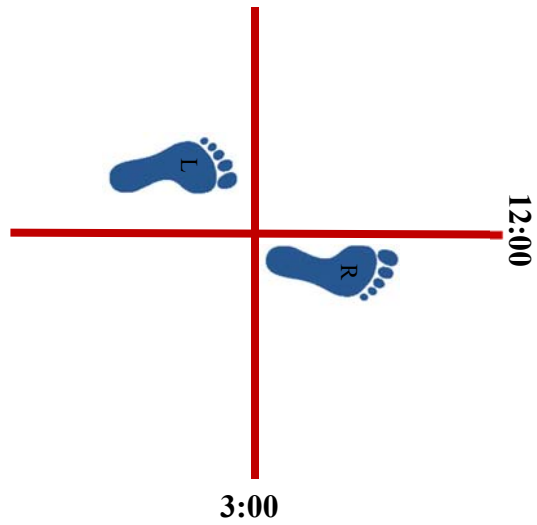


Step back left to 6:00 followed by a right hooking block to the left punch

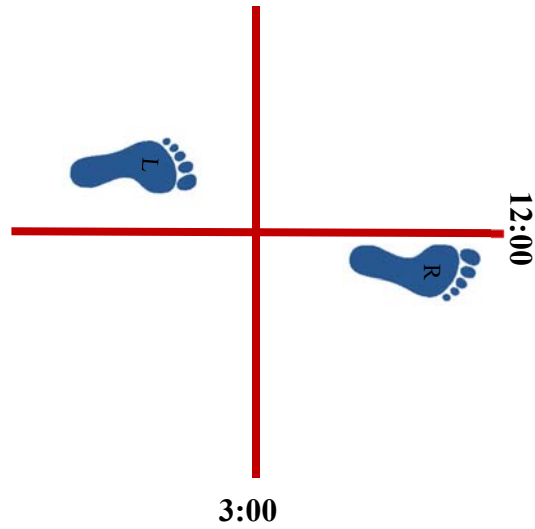




Then a right hooking block to the right punch



Step right to 12:00 right index finger strike to eye.



Defense B:



Step back left to 6:00 followed by a right hooking block to the left punch

