

TRACY'S KENPO

2nd Brown Belt Youth Requirements Reference Manual



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2nd Brown Belt Requirements

1. HIDDEN FIST
2. ROCKER
3. CIRCLING THE SUN (ABCD)
4. LEVELING THE CLOUDS
5. SLEEVES OF CHINA
6. MONKEY ELBOW (AB)
7. STRIKING ASP (ABC)
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18. LOCKING THE GATE
19. WATERFALL
20. PRANCE OF THE TIGER
21. THE RAKE
22. 3 TONGUES OF THE DRAGON

Junior 2nd Brown Belt

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

Defense:

Left hand pins attackers left, 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. Right backfist strikes thru back of head. Right chop to throat, left side fist to left rib cage.

2. Rocker: Cross body push

Defense:

Left foot steps to 11:30, right wrist pins attackers right arm from the inside, left forearm strike to the outside of the elbow. Right hand grabs your left hand as your left foot steps around attacker's right foot. Take attacker down across left knee. Right arm keeps attackers arm trapped. Left elbow to temple, left elbow strikes down to spine.

3. Circling the Sun ABCD: left, right punch

Defense A:

Step back left to 6:00 into a right cat followed by two right hooking blocks, step right to 12:00 right index finger strike to eye.

Defense B:

Step back left to 6:00 into a right cat followed by two right hooking blocks step right to 12:00 right side fist to face.

Defense C:

Step back left to 6:00 into a right cat followed by two right hooking blocks step right to 12:00 right corkscrew punch strikes to left temple.

Defense D:

Step back left to 6:00 into a right cat followed by two right hooking blocks step right to 12:00 right ridge hand to left temple.

4. Leveling the Clouds: left punch**Defense:**

Right foot steps to 1:00, left deflecting block to outside of left punch, left hand grabs left wrist from outside of the arm as you do a right heel claw thru face followed by a right back fist thru face. Right heel palm strike to attackers left elbow.

5. Sleeves of China: right punch from right side**Defense:**

Right foot to 2:30 as your left hand parries to the outside of the right punch, right eagle's beak rake thru rib cage. Right backfist to rib cage, right foot shuffles forward, left fingers strike to eyes followed by a right ridge hand to groin.

6. Monkey Elbow AB: right punch from side**Defense A:**

Right foot steps to 2:30, left hand parries to outside of right punch, right vertical outward block to outside of right punch, left hand covers. Right foot shuffles forward, as you do a right horizontal forearm strikes to right rib cage. Right hand hooks over the right arm pulling it down, right heel palm strikes back to face.

Defense B:

Right foot steps to 2:30, left hand parries to outside of right punch, right vertical outward block to outside of right punch, left hand covers. Right foot shuffles forward, as you do a right horizontal forearm strikes to right rib cage. Right hand hooks over the right arm pulling it down, left heel palm strikes back to face, then a right heel palm strikes to face.