

Tracy's Kenpo Karate Youth Requirements

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)
8. SHOOTING STAR
9. PUSHING THE CIRCLE (ABC)
10. JAPANESE HANDS
11. WATERWHEEL (B)
12. RISING KICK
13. CRANE KICK
14. SWEEPING SERPENT
15. COVERING THE FLAME
16. CHINESE JUNK
17. OFFER OF DUST
18. LOCKING THE GATE
19. WATERFALL
20. PRANCE OF THE TIGER
21. THE RAKE
22. 3 TONGUES OF THE DRAGON

Form
Short 4