

TRACY'S KENPO

3rd Brown Belt Requirements Reference Manual



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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

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3rd Brown Belt Requirements

1. SPINNING HAMMERS
2. DANCE OF DEATH (AB)
3. LEAP OF DEATH (ABCD)
4. MISS OF THE LEAP (ABCD)
5. EAGLE CLAW
6. EAGLE MISS
7. FOOT RAKE
8. SLEEPER (AB)
9. STARTLED CAT (AB)
10. MANCHURIAN TAKEDOWN
11. SHAOLIN WARRIOR (ABC)
12. SPRINGING TIGER (AB)
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17. CROSSING DARTS
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22. OPENING THE FAN (AB)
23. DOUBLE BLADES (ABCD)
24. CLAWING PANTHER
25. SPEAR OF JADE (ABC)
26. 3 WINDS CLAW (ABCD)
27. 3 WINDS FIST (ABCD)
28. CHINESE COBRA
29. THE PHOENIX
30. RETREATING PHOENIX

Forms

Long 4

Darkroom Staff

3rd Brown Belt

1. Spinning Hammers: right punch, from right side

Defense:

Right flex bloc with a left parry followed by a right middle knuckle rake through ribs then left foot sweeps to 3:00 followed by the right foot sweeping to 4:30. Right backhand while left hand covers followed by a right inverted punch

2. Dance of Death AB: right punch

Defense A: right punch, left lead

Left foot steps to 10:30, left parry, and right hammerfist to groin then left hand grabs leg as you do a right forearm smash to hip. Pull up on leg while you push down on hip taking opponent down to the ground. Then you will strike with a right back knuckle to inside of left thigh, then to inside of right thigh followed by a right chop to groin. Both hands will then grab ankle, roll opponent over onto stomach followed by a left heel stomp to base of spine then left foot stomps through ribs followed by a right chop to base of neck you will then do a right foot stomps between shoulder blades following up with a right side thrust to face

Defense B: right punch, right lead

Left foot steps to 10:30, left parry, and right hammerfist to groin, step forward with your right foot to 12:00, left hand grabs leg as you do a right forearm smash to hip. Pull up on leg while you push down on hip taking opponent down to the ground. Then you will strike with a right back knuckle to inside of left thigh, then to inside of right thigh followed by a right chop to groin. Both hands will then grab ankle, roll opponent over onto stomach followed by a left heel stomp to base of spine then left foot stomps through ribs followed by a right chop to base of neck you will then do a right foot stomps between shoulder blades following up with a right side thrust to face

3. Leap of Death: Right punch

Defense:

Left foot steps to 10:30 along with a right threading the needle, left heel palm through elbow followed by a left Backfist through rib cage. Then the left hand grabs the attackers shoulder. Dancer right foot back to take opponent down to the ground once the opponent is down leap onto opponent using a double heel stomp on each side of the kidneys followed by a double heel palm to back of head then right claw to eyes as you turn head towards you followed by a right chop to bridge of nose then a left knee drop, right roundhouse kick to face

4. Miss of the Leap ABCD: Right punch

Defense A:

Left foot steps to 10:30 along with a right threading the needle, left heel palm through elbow followed by a left Backfist through rib cage. Followed by a right knee to rib cage and a right hammerfist to the back of the neck

Defense B: right left is forward

Left foot steps to 10:30 along with a right threading the needle, left heel palm through elbow followed by a left Backfist through rib cage. Followed by a right knee to rib cage and a right hammerfist to the back of the neck, follow up with a left knee drop to the back of the attackers right leg, driving it to the ground, pivot back to horse stance facing 1:30, right side fist to head, left hand covers.

Defense C:

Left foot steps to 10:30 along with a right threading the needle, left heel palm through elbow followed by a left Backfist through rib cage, followed by a right claw strike to face.

Defense D:

Left foot steps to 10:30 along with a right threading the needle, left heel palm through elbow followed by a left Backfist through rib cage, followed by a right step through elbow strike to ribs. You should end up facing 12:00 in a left lead.