

TRACY'S KENPO

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**3<sup>rd</sup> Brown Belt Youth Requirements Reference Manual**



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## Junior 3<sup>rd</sup> Brown Belt Requirements

1. SPINNING HAMMERS
- 2 MISS OF THE LEAP
3. EAGLE MISS
4. SLEEPER
5. SHAOLIN WARRIOR
6. SPRINGING TIGER
7. SLICING KNEE
8. TURNING THE ROD
9. EAGLE'S TALONS
10. CROSSING DARTS
11. BENDING THE STAFF
12. UNCOVERING THE FLAME
13. OPENING THE FAN (AB)
14. DOUBLE BLADES
15. CLAWING PANTHER
16. SPEAR OF JADE (ABC)
17. 3 WINDS CLAW (ABCD)
18. 3 WINDS FIST (ABCD)
19. CHINESE COBRA
20. THE PHOENIX

**Form:**

Darkroom Staff

# Junior 3<sup>rd</sup> 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. Miss of the Leap: 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

## 3. Eagle Miss: right punch, right side

### Defense:

Right foot steps forward slightly, along with a right brush block then your left foot moves to 1:30, but you miss the shoulder grab followed by a right side thrust kick to knee, right cradle and crush to head.

## 4. Sleeper: right punch

### Defense:

Left foot s steps to 10:30 along with a left parry block as you do a right ridge hand to throat. Right foot will crescent step around right leg, apply blood choke. Left foot shifts so that you face 6:00 to take opponent down then drop right knee to rib cage followed by a right vertical punch.

## **5. Shaolin Warrior: right punch**

### **Defense:**

Step forward left with a left hooking block as your right foot crescent steps behind the attacker's right leg as you throw a right vertical punch. Drop to left knee as you do a right back knuckle through back of right knee then left hand grabs shoulder, right foot sweeps back followed by a right punch.

## **12. Springing Tiger: right punch**

### **Defense:**

Left foot hops to 10:30, left parry followed by a right middle knuckle rake through rib cage then a right chop through kidney. Next use a right side thrust kick to knee then a right forearm smash to head, twist head towards you, scoop kick as you do so, then a right chop to neck followed by a left front thrust kick to back.

## **7. Slicing Knee: offensive kick against boxers lead**

### **Defense:**

From a fighting stance use a slice kick through opponents lead knee followed up by a back kick to body

## **8. Turning the Rod: right punch from right side**

### **Defense:**

Right foot steps to 2:30 with a left parry to the outside of the right punch, left backhand parry, hooks CW over the top of the attacker's right arm. Left foot steps to 1:30 as your right arm hooks attackers arm CW to 1:30, right roundhouse kick to the rib cage.