

# **Tracy's Kenpo Karate**

## **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