

TRACY'S KENPO

Black Belt Quick 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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Black Belt Requirements

Long 6

Two Person Set, both sides & with a partner

1. CHINESE PINCERS
2. CROSSING HOOKS
3. TURNING THE FLAME (AB)
4. STOPPING THE STAFF
5. TWISTING VINE
6. BREAKING THE STAVES (AB)
7. HANDS OF JADE
8. SPINNING LOG
9. LEVER OF MING (AB)
10. THE LION (AB)
11. DOUBLE LANCE (ABCDE)
12. COVERING THE MOON
13. RETURNING FIST (AB)
14. FALLING BLADES
15. DANCE OF THE DRAGON
16. FALLING HAMMERS
17. CORKSCREW (ABC)
18. THE WHIP
19. WINDING ELBOWS (ABCDE)
20. TWISTING SERPENT
21. CHOPPING THE LOG
22. FALLING TREE (ABC)
23. THE PYTHON
24. TWISTING DRAGON
25. SLICING HANDS
26. THE SCORPION
27. CHINESE THUMBSCREW (AB)
28. 4 FISTS
29. ADVANCING DRAGON
30. THE LOCK

Black Belt

Chinese Pincer AB: right punch

Defense A:

Right foot cross steps in front of the left to 10:30, right fan block CW. Left foot step forward, as your left hand parries the outside of the right punch, continuing with the same motion right hammerfist to ribs. Left hand grabs attackers wrist as your left hand cocks past your right shoulder, left hand pulls the arm past left side of your body as your left foot sweeps against the right left towards 4:30.

Defense B:

Left foot steps to 10:30, right fan block CW. Left foot step forward, as your left hand parries the outside of the right punch, continuing with the same motion right hammerfist to ribs. Left hand grabs attackers wrist as your left hand cocks past your right shoulder, left hand pulls the arm past left side of your body as your left foot sweeps against the right left towards 4:30.

Crossing Hooks: right punch

Defense:

Left foot steps to 11:00 as your use a right deflecting block, right hand grabs wrist followed by a left heel palm strike to elbow. Left hand hooks over right arm and traps right shoulder from underneath arm, your right foot sweeps back to 10:30. Left hand pulls on shoulder to take attacker to the ground, right claw thru face.

Turning the Flame AB: gun to back

Defense A: gun to back

Right foot steps back to 4:30 with a right downward block and left eye strike

Defense B: gun to head

Right foot steps back as you do a right vertical outward block with a left eye strike.

Stopping the Staff: right Punch

Defense:

The arms come up in front of the centerline, right hand closed against the left open hand to block the punch, right tiger claw eyes.

Twisting vine: overhead club

Defense:

Left foot steps to 11:00 as your left hand parries to the outside of the right punch, right vertical forearm strikes down and into back of hand. Right fingertip strike to the eyes.

Breaking the Staves AB: rear bearhug arms free

Defense A:

Right foot steps out to 3:00 as you rise your arms up. Left elbow strike to solar plexus, left hammerfist to groin. Left foot steps to 1:30, right backhand strikes to head, followed by a left heel palm strike to head, left front snap kick to body, followed by a right punch to head. Plant your left foot at 7:30, left side punch to body.

Defense B:

Right foot steps out to 3:00 as you rise your arms up. Left elbow strike to solar plexus, left hammerfist to groin. Left foot steps to 10:30, left backhand strikes to head, followed by a right heel palm strike to head, right front snap kick to body, followed by a left punch to head. Plant your left foot at 4:30, right side punch to body.

Hands of Jade: left punch

Defense:

Step forward right to 12:0 with a right extended outward block right two finger rake through eyes followed by a right elbow to head then a right reverse Tiger Jaw to throat then left hand strikes groin and then rotate hands CCW as you do a right scoop kick.