

TRACY'S KENPO

Black Belt Youth Requirements Reference Manual



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Junior Black Belt Requirements

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

Forms

Two Man Set (left side)

Junior Black Belt

1. Pincer: right punch

Defense:

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.

2. 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.

3. Turning the Flame AB: gun from behind

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.

4. 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.

5. 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.

6. Hands of Jade: left punch

Defense:

Step forward right to 12:00 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.

7. Spinning Log: right punch with back against wall

Defense:

Left foot steps forward to 12:00 with a left parry and a right forearm strike to biceps. Then a right Backfist to face followed by left hand grabbing shoulder as you step back left then throw opponents against wall right knee to body, right elbow to face.

8. Lever of Ming: left right punch

Defense:

Left foot steps to 12:00, left extended outward block with a right hand cover. Left inward block, left chop to throat, left hand grabs throat, left hard bow to attacker's right leg for the takedown

9. The Lion AB: two hand choke

Defense A:

Strike up with heel of right palm as your strike down with heel of left palm on top of right elbow. Right side thrust as you do a right chop to throat.