

# **Tracy's Kenpo Karate**

## **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)