

TRACY'S KENPO

---

**Blue Belt Requirements Reference Manual**



Copyright© 2013 by White Tiger Production

All rights are reserved. Printed in the United States of America. No Part of this book may be used or reproduced in any form or by any means, or stored in a database or retrieval system, without prior written permission of the author or publisher except in the case of brief quotations embodied in critical articles and reviews. Making copies of any part of this book for any purpose is a violation of the United States copyright laws.

Copyright© Jim/Leann Rathbone White Tiger Productions 2013  
All Rights reserved  
Printed and Bound in USA



No part of this book may be reproduced or copied in any form without the written permission of White Tiger Kenpo Production and/or Jim Rathbone, LeAnn Rathbone

#### Disclaimer

Please note that the publisher of this instructional book is NOT RESPONSIBLE in any manner whatsoever for any injury which may occur by reading and/or following the instruction herein.

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

Written by Leann Rathbone 4th Dan  
Edited by Shihan Jim Rathbone

To Order Copies of the book you can contact us at  
[www.Domoaji.com](http://www.Domoaji.com)

# Blue Belt Requirements

1. TURNING THE HANDLE
2. BRIDGING THE GAP
3. ADVANCING PHOENIX (AB)
4. TWO HEADED SERPENT
5. REVERSING GRASP (AB)
6. REACHING FOR THE MOON
7. FLASHING DAGGERS
8. BENDING THE LIMB
9. WRAP AROUNDS (ABCD)
10. CROUCHING FALCON
11. DARTING SERPENT (AB)
12. SILK WIND
13. SPREADING THE LEAVES
14. CROSSING THE LOCK
15. DARKNESS
16. SPINNING FROM THE SUN
17. FOLDING WINGS
18. VISE
19. SWINGING GATE
20. STRETHING THE BOW
21. ARCING BLADES
22. CIRCLE OF CHINA
23. SILENT ESCAPE
24. RETURNING VIPER
25. RETURNING THUNDER
26. THE SERPENT
27. BROKEN STAFF
28. CIRCLING SERPENT
29. CHINESE "L" CHOKE
30. 5 SWORDS

## Forms

Short 3

Long 2

# Blue Belt

## 1. Turning the Handle: offensive movement or left punch

### Defense:

Start in a right lead, left backhand strike to attackers left arm or head, right counter clockwise swing with front knuckles to head (Chinese Swings). Right foot sweeps in a counter clockwise motion the attackers left leg ending up at 6:00 in a twist stance, at the same time right CW backhand strike to chest, left CW backhand strike to groin.

## 2. Bridging the Gap: two hand push

### Defense:

Right foot shuffles to 12:00 as you do a double hooking block, to inside of wrists followed by double vertical punches to ribs then a double back knuckle to temple double finger strike into eyes.

## 3. Advancing Phoenix AB: Right punch, Left hand grab

### Defense A:

Left hand pins opponent's left hand, right inward block to right punch, right front snap kick to groin. Drive right elbow into opponent left arm followed by a right uppercut elbow strike to chin then a right downward claw to face.

### Defense B:

Left hand pins opponent's left hand, right forearm strike to outside of attackers left elbow, right front snap kick to groin. Drive right elbow into opponents left arm followed by a right uppercut elbow strike to chin then a right downward claw to face.

#### **4. Two Headed Serpent: two hand choke**

##### **Defense:**

Step right to 12:00 followed by a U punch to 12:00, step right to 3:00 with a left parry, right vertical outward block then a left eye strike followed up with a right punch to ribs

#### **5. Reversing Grasp AB: straight wrist grab**

##### **Defense A:**

Right hand circles to outside pulling back into chamber breaking opponents grip. Then throw a right Vertical Punch to ribs.

##### **Defense B:**

Pull up & away against the attackers thumb to release the grip followed by a back knuckle strike to radial nerve.

#### **6. Reaching for the Moon: left grab to right shoulder, left foot forward**

##### **Defense:**

Right slides into cat stance along with a right vertical outward block. At the same time strike with a right heel palm to face and a left heel palm to solar plexus, while doing a left leg strikes back in a hard bow towards 9:00 taking out the leg.

#### **7. Flashing Daggers: two hand push or grab**

##### **Defense:**

Step back right with a wedge block followed by a right chop to ribs, left chop to throat, right spear hand to solar plexus then a left chop to groin. Cross out into fighting stance.

#### **8. Bending the Limb: two hands on one wrist (cross grab)**

##### **Defense:**

Left hand counter grabs as you step back to 6:00 pulling opponent into elbow strike to ribs cage followed by a palm strike to radial nerve then an eye strike.