

TRACY'S KENPO

Green Belt Requirements 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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Green Belt Requirements

1. SNAPPING THE ROD
2. TURNING THE KEY (AB)
3. THE BUTTERFLY (AB)
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27. THE LOTUS
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29. 7 SWORDS
30. REVERSING HAMMERS

Forms

Long 3

Book Set (Panther Set)

Green Belt

1. Snapping the Rod: offensive movement or left punch

Defense:

Start from a left lead, left backhand strike to the attackers left arm or head. Right counter clock wise swing with front knuckles to head as your right foot sweeps counter clockwise to the attackers left leg, planting the sweep at 6:00 in a twist stanch. Right clockwise backhand strike down to groin followed by left foot stomps to attackers left ankle.

2. Turning the Key AB: offensive movement from behind

Defense A:

Start from behind the attacker; grab both shoulders of the attacker as you do a right side thrust kick to back of left knee twisting the opponent's shoulders towards 6:00 right cradle and crush to head.

Defense B:

Grab both opponents' shoulders followed by a right instep stomp kick to back of opponents left knee. Right cradle and crush to head

3. The Butterfly AB: right punch

Defense A:

Left foot steps to 10:30 as you do a right Vertical Outward block along with a left hooking block that joins together into a butterfly strike to rib cage.

Defense B:

Left foot steps to 10:30 as you do a left inward block that will hook the punch, right hand hooks over the top that joins together into a butterfly strike to rib cage.

4. Whirling Warrior ABC: Right punch

Defense A:

Left foot steps to 10:30 along with a left parry and a right middle knuckle rake through rib cage. Then sweep right foot to 3:00 facing 1:30 followed by a left chop to rib cage. Right front snap kick to knee then a left eye strike and a right ridge hand to groin.

Defense B:

Left foot steps to 10:30 along with a left parry and a right middle knuckle rake through rib cage. Then sweep right foot to 3:00 facing 1:30 followed by a left chop to rib cage. Right back knuckle to face then a left heel palm followed by a left claw pulling opponent onto their back.

Defense C:

Left foot steps to 10:30 along with a left parry and a right middle knuckle rake through rib cage. Then sweep right foot to 3:00 facing 1:30 followed by a left chop to rib cage. Left foot steps to 12:00 then a right back knuckle to face then a left heel palm followed by a left claw pulling opponent onto their back.

5. Flowing Hands: two man attack

Defense:

Right foot steps to 2:30 followed by a right wing chop to throat then right foot steps to 10:30 followed by a right eye rake, left chop to throat. Left foot sweeps back to 10:30 as your right hand does a clearing motion then do a right front snap kick, right back kick.