

TRACY'S KENPO

Green Belt Youth Requirements Reference Manual



Copyright© 2014 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 2014
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

Junior Green Belt Requirements

1. THE BUTTERFLY
2. WHIRLING WARRIOR
3. FLOWING HANDS
4. WHIRLING BLADES
5. THRUSTING LIMB (AB)
6. CROSSING HAMMERS
7. 2 MAN SWINGING GATE
8. SWEEPING BRANCHES
9. KNEE SWEEP
10. KUNG FU WRIST
11. STONE WARRIOR (AB)
12. PRAYING MANTIS
13. FLASHING WINGS
14. PARTING THE WAVES
15. THUNDERING HAMMERS
16. WHIRLING LEAVES (ABC)
17. ATTACKING THE WALL
18. 7 SWORDS

Form

Darkroom Staff

Green Belt

1. The Butterfly: right punch

Defense:

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.

2. Whirling Warrior: Right punch

Defense:

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.

3. 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.

4. Whirling Blades: right punch

Defense

Left foot steps to 10:30 along with a left parry and a right middle knuckle rake through rib cage from there flow right into a right inward block with a left cover as you throw a right front snap kick. As you land with the kick do a double blade chop to neck or collarbone follow up with a right elbow right claw to face.

5. Thrusting Limb (ABC): counter against a kick

Defense A:

Right front snap kick, when the attacker catches it pull the foot back as far as you can followed by a front thrust kick to the attackers body.

Defense B:

Right front snap kick, when the attacker catches it pull the foot back as far as you can followed by a side thrust kick to body

Defense C:

Right front snap kick, when the attacker catches it pull the foot back as far as you can as you rotate over and do a back thrust kick to body

6. Crossing Hammers: left punch

Defense:

Left foot will cross step to 1:30 as you throw a left Vertical Outward block then your right foot will step to 1:30 followed by a right back hand to opponents temple then a left chop to neck followed by a right vertical punch through ribs as you go to hard bow

7. Two Man Swinging Gate: two man attack

Defense:

Left foot pivots to 3:00 followed by a right Backfist to solar plexus or a right hammerfist to groin. Right arm uses a clearing motion, right chop to throat followed by a right front snap kick. Right back kick and a right web hand to throat at the same time.