

Tracy's Kenpo Karate

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