

Tracy's Kenpo: Orange and Purple Belt Katas

Forms: Short 1, Short 2 and Long 1



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Orange Belt

Short 1 Kata Outline

Section 1: Inward block

- **Right Inward**
- **Left Inward**

Section 2: Vertical Outward Block

- **Right Vertical Outward**
- **Left Vertical Outward**

Section 3: Upward block

- **Right Upward**
- **Left Upward**

Section 4: Downward Block

- **Right Downward**
- **Left Downward**

Short 1

1. Salutation

Step out with right foot to Square Horse stance, right hand makes a fist and your left hand covers right, slide right foot back into neutral stance and bow.



2. Attack is from 12:00: Inward Block

Step back to 6:00 with left foot right inward block. Then step back right, left inward block



3. Attack from 9:00: Outward Block

Adjust right foot to 3:00 with a right cross body parry, Followed by a Left Vertical Outward Block. Step back with left foot to 3:00 with a left cross body parry, followed by a Right Extended Outward Block.



4. Attack is from 3:00: Upward Block

Adjust right foot about 6in forward to reverse your fighting stance using a right cross body parry to cover, followed by a left upwards block. Step back left to 9:00 with a left cross body parry followed by a right upwards block.



5. Attack is from 6:00: Downward Block

Adjust left foot to 12:00 Followed by a right downward block. Slide right to 12:00 as you do a left downward block.

NOTE: the pictures below are from a different angle so that you can see the block



6. Salutation

Adjust left foot to 9:00 into Square Horse, into your Kenpo salutation. Slide your right foot to your left and bow. If the Kata is done correctly you should end up in the same place you started from.

