

# **Tracy's Kenpo Kata Outline**

## **Forms Short 1, Short 2 and Long 1**

### **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**

# Purple Belt Kata Outline

## Short 2

**Section 1:** Inward Block, Chop

**Section 2:** Vertical outward block, punch

**Section 3:** Lowering the Gate

**Section 4:** Downward Block, Step through heel palm, cover

**Section 5:** Inward block, Upwards block, Half Fist to throat

## Long 1

**Section 1:** Inward block, Punch

**Section 2:** Outward block, Punch

**Section 3:** Downward block, Punch

**Section 4:** Downward block, Punch

**Section 5:** Triple Inward blocks

**Section 6:** Triple Outward blocks

**Section 7:** Triple Upward blocks

**Section 8:** Triple Downwards

**Section 9:** Triple Inner Wrist blocks

**Section 10:** Triple Outer Wrists

**Section 11:** Triple Push blocks

**Section 12:** Double Punches straight ahead

**Section 13:** Double Punches 45 degree angles

**Section 14:** Double Punches 90 degree angles

**Section 15:** Double Uppercuts

**Section 16:** Salutation