

Tracy's Kenpo



Kenpo Training Log

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A Brief History of Tracy's Karate

The Tracy's Karate Organization has its origins with a man named William Chow. Chow lived in Hawaii in the early to mid-1900 and began teaching Chinese Kenpo there. This system of Martial Arts caught the interest of a young American named Ed Parker, who is primarily credited with bringing Chinese Kenpo to the continental 48 states in the early to mid-1950. Ed Parker introduced Al & Jim Tracy to Chinese Kenpo in the 1950's.

The Tracy brothers began their training in fencing, boxing, and wrestling. They began learning Kenpo from Ed Parker and his first Black Belt James Ibrao in 1957, while attending college as pre-law students. They developed a close relationship with Ed Parker. Ed Parker turned all the teaching of beginner and intermediate classes over to the Tracy brothers, who would develop an order in which the techniques would be taught, the advanced classes were run by James Ibrao. Al Tracy was the powerhouse of Ed Parker's studio and did all the breaking demonstrations. The Tracy brothers ran Ed Parker's studio when Ed Parker returned to Hawaii.

Al Tracy was the fifth person promoted to Black Belt (Shodan) January 2, 1962. Jim Tracy was the sixth person promoted to Black Belt (Shodan) January 2, 1962. Will Tracy receive his Black Belt (Shodan) in 1961, under both William K.S. Chow and Great Grand Master Fusae Oshita (James Mitoses' sister)

In the spring of 1962, the Tracy brothers opened their first studio in San Francisco, which was named Kenpo Karate Studio and was the northern branch of Ed Parker's organization. Al & Jim Tracy introduced several new aspects to traditional Martial Arts training; it was there that the Tracy brothers created the three new Kyu ranks and the colored belt system. Ed Parker adopted the new 8-Kyu system, but rejected the colored belts until finally converting to the Tracy color belt system in 1966. The Tracy brothers also created belt manuals (which contained 40 techniques per belt at that time) and gave the techniques names, like Attacking Circle, Raising the Staff, etc.

Before the 1960's, most karate instructors taught out of a gym or similar organization in their spare time and held a "real" job during the day. The Tracy brothers were among the first to promote the idea of Professional Martial Arts Instructors. Jim, Al and their other instructors worked full time at the school in San Jose and made their livings as karate instructors.

In 1964, the Tracy Brothers were promoted to 3rd Degree Black Belt (Sandan). Ed Parker turned the Kenpo Karate Association
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of America (KKAA) over to the Tracy brothers and then formed the International Kenpo Karate Association (IKKA). The Tracy brothers agreed to join the IKKA on the condition that they could keep the standards of teaching of the KKAA for their students.

The Tracy's are also credited with pioneering the Americanization of karate. Jim, Al and their students took karate to the suburbs and opened schools in malls and shopping centers across the country. Previously the Martial Arts had been taught in large group style classes. This was the traditional teaching method, with students packed into a studio wall to wall very few receiving personal attention from an instructor. Jim and Al changed this with advent of the private lesson style of instruction now used at all Tracy's Karate studios. Innovations of this kind and a desire to de-mystify the Martial Arts are what has made the Tracy's organization one of the largest and most respected in North America.

By 1982, Ed Parker had changed what he called American Kenpo, so much so as to make it in Parker's own words, no more than 10% Kenpo. It was around this time that the Tracy's completely broke from Ed Parker.

Tracy's Kenpo Karate remains to this day teaching Original/Traditional Kenpo, one of the most effective systems of self-defense available.

My Goals

In this section write out your goals, create not only long term goals but also short term goals. Once in a while come back and look over these goals and see if you are still on track or if your mindset or motivation has changed. This is your personal Kenpo Journal to so that you can keep track of your goals, achievements and knowledge that you will learn.

Start Date:

Why did I begin to train in Kenpo:

What would I like to achieve from my training

What are my Kenpo training goals?

Short term Kenpo training goals:

Long Term Goals:

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Rank Promotions

Rank	Date Promoted	Instructor
Yellow Belt		
Orange Belt		
Purple Belt		
Blue Belt		
Green Belt		
3 rd Brown Belt		
2 nd Brown Belt		
1 st Brown Belt		
Black Belt		
1 st Black Belt		
2 nd Black Belt		
3 rd Black Belt		
4 th Black Belt		
5 th Black Belt		

Basics

The basics are a foundation for any style of martial arts. These basics are the building blocks of any style and must be mastered to fully understand our style and be proficient with it.

Kicks	Punches & Strikes	Blocks
Front Snap	Straight Punch	Inward w/Check
Front Thrust	Reverse Punch	Vertical Outward
Back Kick	Vertical Punch	Extended Outward
Hook Kick	Upper Cut	Upward Block
Turning Back Kick	Inverted Punch	Downward
Side Thrust	Backfist	Double Palm Block
Side Snap	Hammerfist	Parry
Defensive Side Kick	Corkscrew Backfist	Windmill
Crossing Back Kick	Web Hand	Brush Block
Roundhouse Kick	Spearhand	Flex Block
Forward leg Wheel	Swordhand	Universal Block
Flip Kick	Whip Chop	Deflection Block
Slice Kick	Tigers Jaw	Caming Block
Stomp Kick	Tigers Claw	Scissor Block
Inside Crescent Kick	Heel Palm	Smoother Block
	Eagle Beak Strike	Crane Block
	Rising Punch	Hooking Block
	Horizontal Elbow	Threading The Needle
	Downward Elbow	
	Half Fist	
	Ridgehand	
	Upward Elbow	
	Stances	
	Square Horse	
	Side Horse	
	Fighting Stance	
	Cat Stance	
	Twist Stance	
	Dancer	
	Hard Bow	
	Soft Bow	

Yellow Belt Requirements

1. Japanese Sword AB

2. Chinese Sword AB

3. Delayed Sword

4. Knee of Vengeance

5. Fang of the Cobra

6. Twisting Talon AB

7. Returning Dragon

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8. Breaking the Sword

9. Kenpo Shield AB

10. Evasion

Orange Belt Requirements

1. Attacking Circle

2. Sumo

3. Japanese Strangle Hold (ABCDE)

4. Blocking the Kick (ABCDE)

5. Headlock (ABC)

6. Crash of the Eagle Part I (ABCDE)

7. Grasping Talon (AB)

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