

# TRACY KENPO

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## Orange Belt



## Picture Manual

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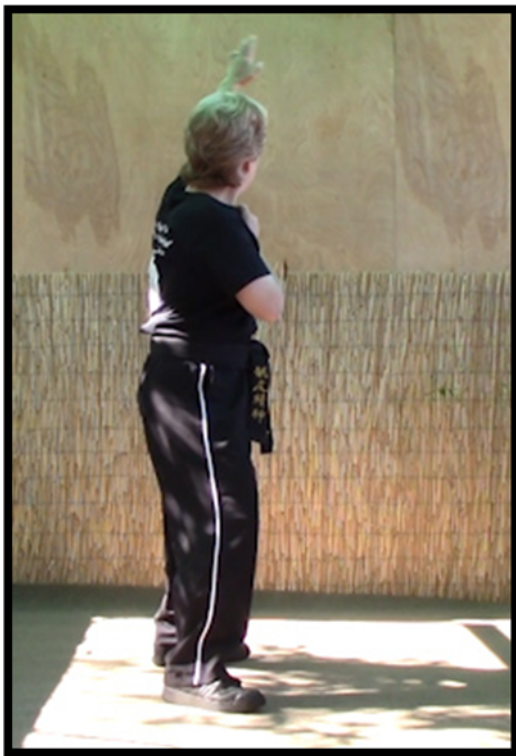
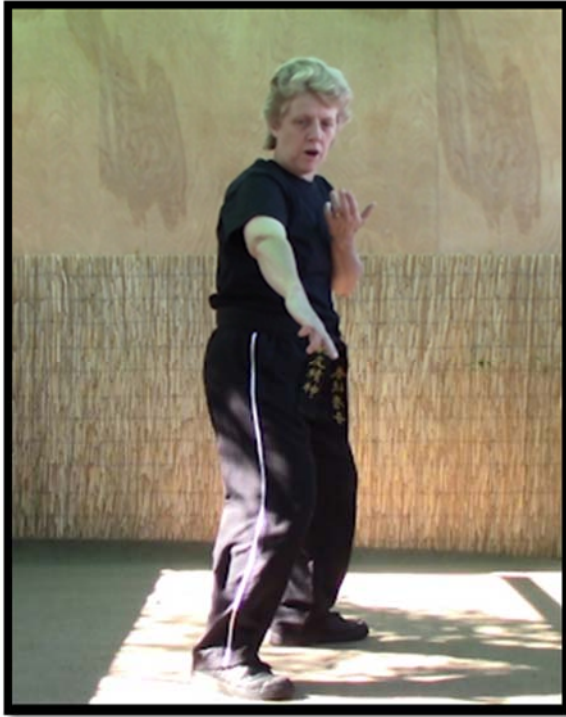
# Orange Belt Requirements

1. **Attacking Circle:** *using clock as reference point*
2. **Sumo:** *two hand grab low*
3. **Japanese Strangle Hold ABCDE:** *strangle hold from behind*
4. **Blocking the Kick ABCDE:** *front snap kick*
5. **Headlock ABC:** *AB) headlock from side C) front headlock*
6. **Crash of the Eagle Pt I ABCDE:** *two hand grab from behind*
7. **Grasping Talon AB:** *straight arm wrist grab*
8. **Tackle Techniques ABCD:** *front tackle*
9. **Dancer:** *two hand choke from behind*
10. **Opponents at Sides ABCD:** *two man attack from both sides*
11. **Passing the Horizon AB:** *right hammerlock*
12. **Kimono Grab AB:** *front two hand grab*
13. **Lever ABC:** *left grab to right side*
14. **Crashing Elbow AB:** *right punch*
15. **Heel Hook:** *full nelson*
16. **Bridge AB:** *two hand grab from behind*
17. **Eagle's Beak ABC:** *left grab to right shoulder*
18. **Front Bearhug ABCD:** *bearhug arms free*
19. **Simitar:** *right punch*
20. **Breaking The Cross:** *two hand grab from behind*
21. **Aiming the Spear:** *left grab to right shoulder from front*
22. **Raising the Staff:** *straight arm wrist grab*
23. **Lowering the Gate AB:** *right or left punch*
24. **Rocking Elbow:** *straight arm wrist grab*
25. **Reverse Hammerlock AB:** *cross arm hammerlock*
26. **Anvil ABCD:** *two hand grab*
27. **Knee Lift:** *front bearhug arms pinned*
28. **Crane Leap ABCD:** *handshake*
29. **Driving Elbows AB:** *bearhug from behind arms pinned*
30. **Crossing Guard AB:** *offensive motion from the side*

## Short 1

**1. Attacking the Circle:** *using the clock as a reference*

Slide your right foot to 12:00, stepping into a fighting stance followed by a chop to the throat then a chop to the groin. Repeat at 3:00 and 6:00. Slide your left foot to 12:00, followed by a chop to the throat then a chop to the groin.





## 2. Sumo: two-hand grab low

Left foot steps to 9:00 into square horse stance simultaneously both elbows will circle up and strike down on top of radial nerve. Clearing arms away flowing right into a double spear hand strike to throat.

Step with right foot to 12:00 right vertical forearm to strike to sternum your left hand in check. Right softbow followed by a right hammerfist to groin. Right cat stance followed by a back kick to the body, cross out.



