

TRACY KENPO

Purple Belt



Picture Manual

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Purple Belt Requirements

1. Striking Mace: *right punch*
2. Crossing Talon (ABC): *cross arm wrist grab*
3. Circling Elbows: *bearhug arms free*
4. Locking Arm (AB): *right hammerlock*
5. Windmill Guard (AB): *A) right punch B) left punch*
6. Spiraling Wrist (AB): *bearhug arms free*
7. Crash of the Eagle Part II (ABCDEFGH): *two hand choke from behind*
8. Encircling Arms (ABCD): *front tackle*
9. Rising Elbow: *high bearhug arms pinned*
10. Guarding the Wall: *right punch*
11. Eagle Pin: *two man attack right punch from the front, bearhug from behind*
12. Striking Fang (AB): *A) right punch left leg forward B) right punch right leg forward*
13. Shackle Break (ABC): *two hand grab from behind*
14. Drawbridge (AB): *right grab to left shoulder*
15. Full Nelson: *full nelson*
16. Kung Fu Cross: *left punch*
17. Divided Swords (AB): *right punch*
18. Gift: *handshake*
19. Opening Cowl (AB): *two hand choke or grab from behind*
20. Slicing Dragon: *right punch*
21. Ascending to Heaven (ABC): *offensive motion while sitting*
22. Raising the Sword: *handshake*
23. Arm Hook (AB): *right punch*
24. Crossing the Sun (ABC): *right overhead club*
25. Attack from the Temple (AB): *A) right punch B) two man attack*
26. Bowing to Buddha (AB): *knee to face while down on right knee*
27. Dart: *right jab*
28. Covering Talon: *front two hand choke or grab*
29. Wing Break (AB): *left grab to right shoulder*
30. "U" Punch: *two hand choke*

1. Striking Mace: right punch

Defense:

Step left to 10:30 with a left hooking block to attacker's right punch. Right crescent step to 2:30 as you throw a right vertical punch to temple. Finishing off with a right side thrust kick to knee.



2. Crossing Talons ABC: crossing wrist grab

Defense A:

Right hand will counter grab opponent's wrist as you bring hand up to face level. Step left to 2:30 left forearm strike to elbow, pull attacker down across left knee. Left elbow to temple left downward elbow strike to spine.





Defense B:

Right hand will counter grab opponents wrist and bring hand up to face level. Step left to 2:30 left forearm strike to elbow. Sweep right foot to 10:30, pull attacker down across left knee. Left elbow to temple left downward elbow strike to spine.



