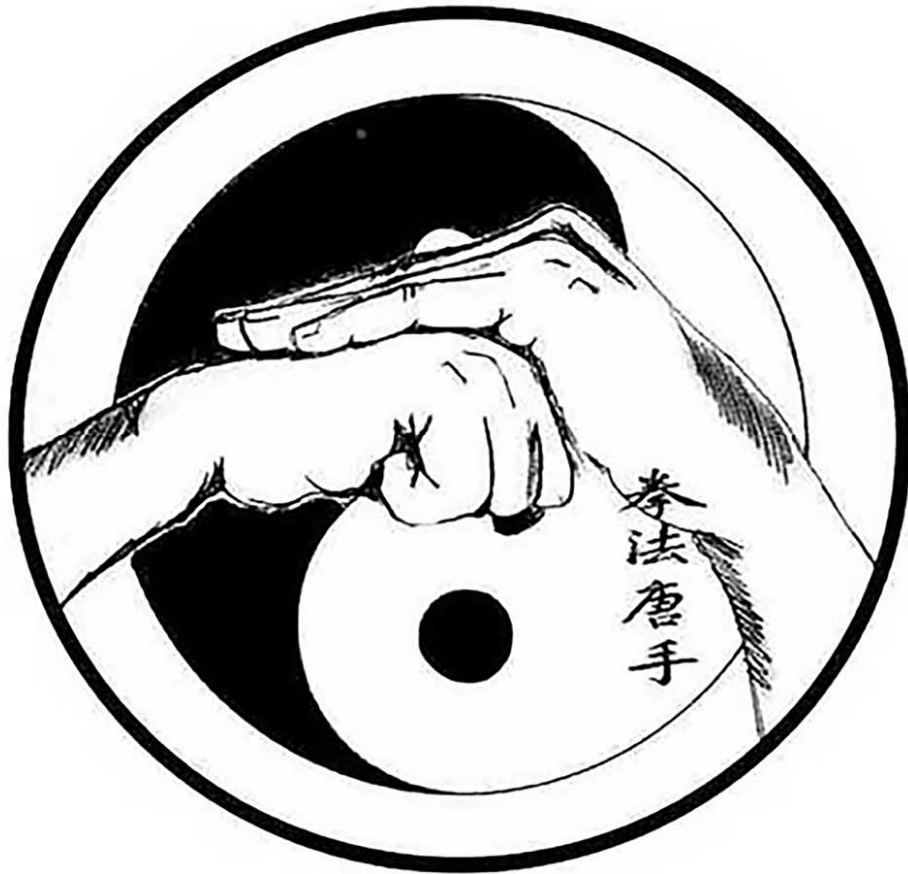


TRACY KENPO

Yellow Belt

龍
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拳
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手

Picture Manual

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Yellow Belt Requirements

1. **Japanese Sword AB:** *right punch or left punch*
2. **Chinese Sword AB:** A) *right punch* B) *left punch*
3. **Delayed Sword:** *right punch*
4. **Knee of Vengeance:** *two hand push*
5. **Fang of the Cobra:** *two hand choke*
6. **Twisting Talon AB:** *wrist grab*
7. **Returning Dragon:** *left grab to right shoulder, right side*
8. **Breaking the Sword:** *handshake*
9. **Kenpo Shield AB:** *right or left punch*
10. **Evasion:** *overhead club attack*

1. Japanese Sword AB: right or left punch

A) Left punch: Right foot steps to 12:00, right extended outward block to the inside of the left punch as you draw your left hand in chamber. Right chop to the left side of the attacker's neck.



B) Right punch: Right foot steps to 12:00, right extended outward block to the outside of the right punch. Left hand in chamber. Left reverse punch to your attacker's right rib cage as your right hand draws to chamber.



2. Chinese Sword AB: *right punch or left punch*

A) Right punch: Right foot steps to 12:00, right inward block to the inside of the right punch as your left hand covers. With the same continuous motion right chop to right side of neck





B) Left punch: Right foot steps to 12:00, right inward block to the outside of the left punch as your left hand covers. Right backfist to temple



3. Delayed Sword: *right punch*

Step back left to 6:00 right cat stance at the same time a right inward block to the inside of the right punch, left hand in check position. Right front snap kick to groin as you land forward right chop to right side of neck.

