

# TRACY'S KENPO

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## **Yellow Belt: Picture Manual**



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## Yellow Belt Requirements

拳  
法  
唐  
手

1. **Japanese Sword AB** A) *right punch* B) *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 AB** - *two hand choke*
6. **Twisting Talon AB** - A) *straight arm wrist grab* B) *cross arm wrist grab*
7. **Returning Dragon** - *left grab to right shoulder, right side*
8. **Breaking the Sword** - *hand shake*
9. **Kenpo Shield AB** - *right or left punch*
10. **Evasion** - *overhead club attack*

## 1. Japanese Sword (AB): *left or right punch*

### Defense A: *left punch*

Right foot steps to 12:00, right extended outward block to the inside of the left punch. Left hand in Chamber or check position as you go into a softbow. Right chop to the left side of the attacker's neck as you pivot your body back to a fighting stance, striking through the target.



**Defense 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 rib cage as your right hand draws to a chamber or check.



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

**Defense A: right punch**

Right foot steps to 12:00 as you do a right inward block to the inside of the left punch, left hand in check. With the same continues motion right chop to right side of neck (Figure 8 motion). Draw through the strike and into a chamber

