

TRACY KENPO

Youth Picture Manual



Orange Belt

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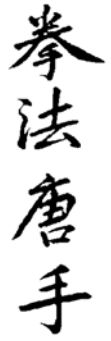
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Orange Belt Youth Requirements



1. **Attacking the Circle:** *Teaches the clock system*
2. **Japanese Strangle Hold (ABCDE):** *Strangle hold from behind*
3. **Headlock (ABC):** *Headlock from the side or front*
4. **Tackle Techniques (ABCD):** *Tackle from the front*
5. **Dancer:** *Grab around neck from behind*
6. **Opponent at Sides (ABCD):** *Two person attack from both sides*
7. **Crashing Elbow (AB):** *Right punch*
8. **Heel Hook:** *Full Nelson from behind*
9. **Front Bear Hug (ABC):** *Front Bear Hug with arms free*
10. **Aiming the Spear:** *Left shoulder grab with right hand*
11. **Crane Leap:** *Handshake with a sucker punch*
12. **Driving Elbows (AB):** *Bear Hug from behind with arms pinned*

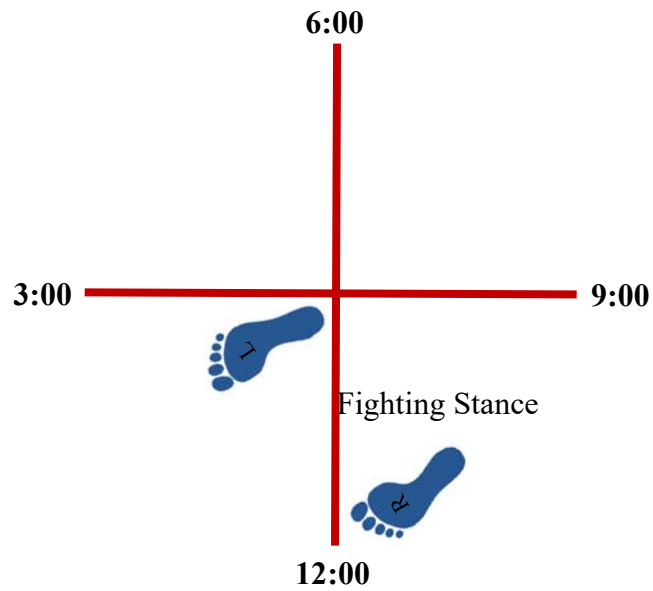
**Forms
Short 1**

1. Attacking the Circle: teaches the clock as a reference point and footwork

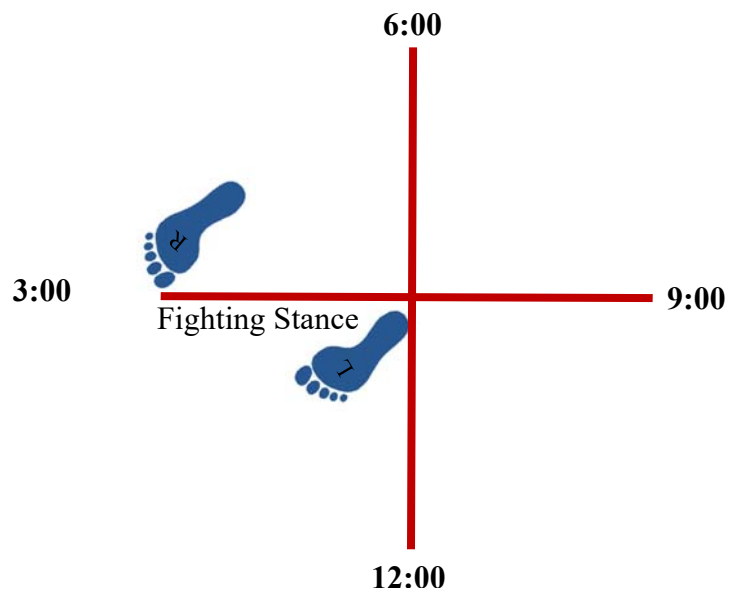
Defense:

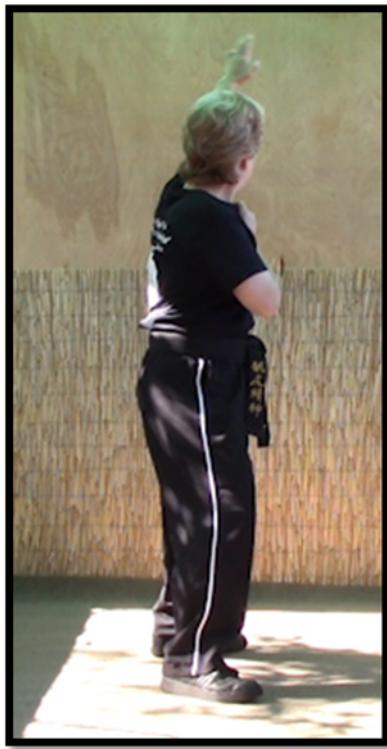


From a neutral stance, slide your right foot to 12:00 followed by a chop to the throat then a chop to the groin.

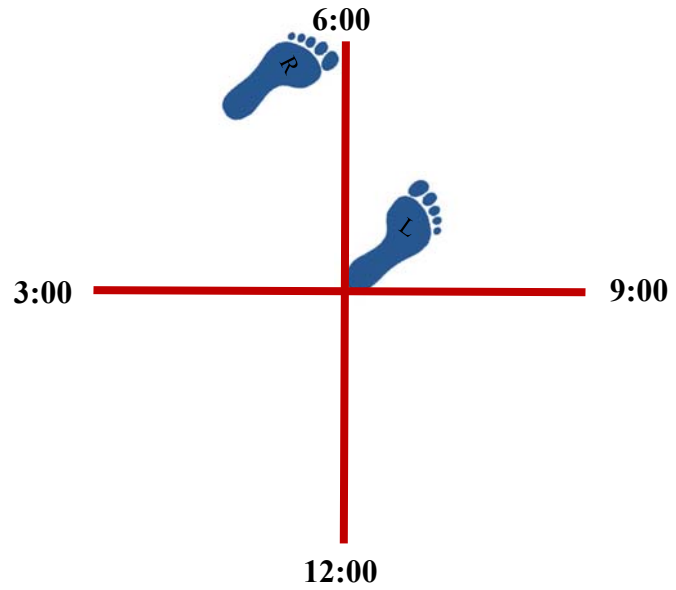


Slide your right foot into cat then out to 3:00 into a fighting horse stance followed by a chop to the throat then a chop to the groin.

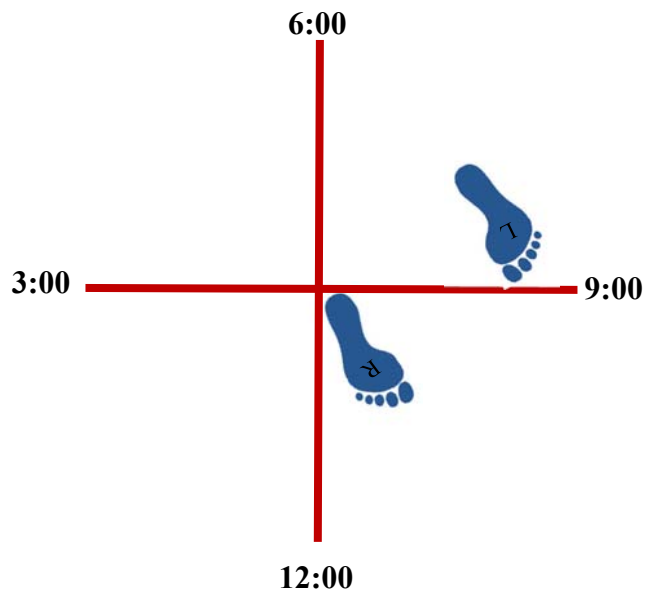




Slide your right foot into cat then out to 6:00 into a fighting horse stance followed by a chop to the throat then a chop to the groin.

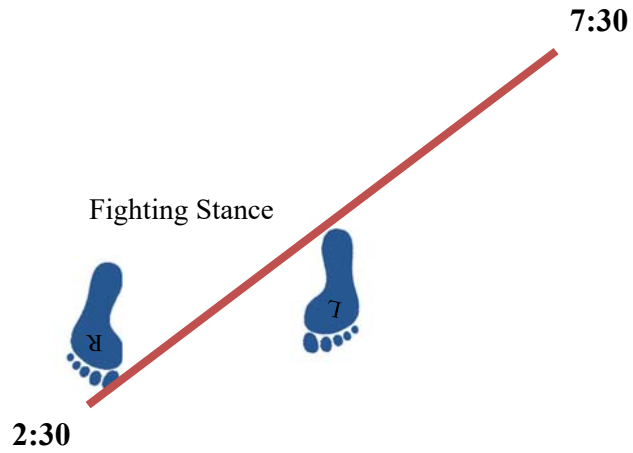


Slide your left foot into cat then out to 9:00 into a fighting horse stance followed by a chop to the throat then a chop to the groin.

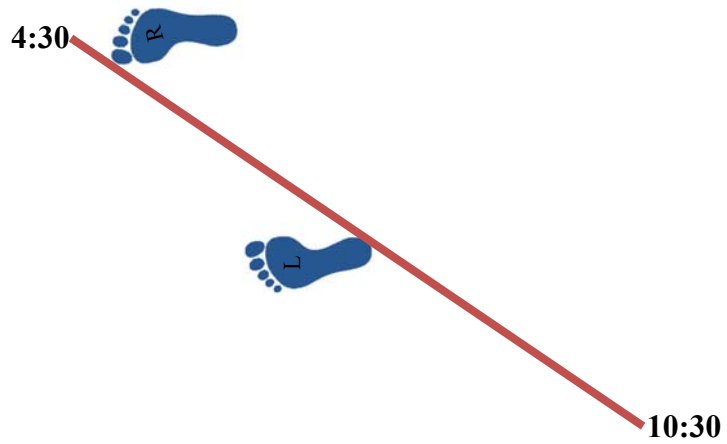




Slide your right foot to 2:30 into a fighting horse stance followed by a chop to the throat then a chop to the groin.

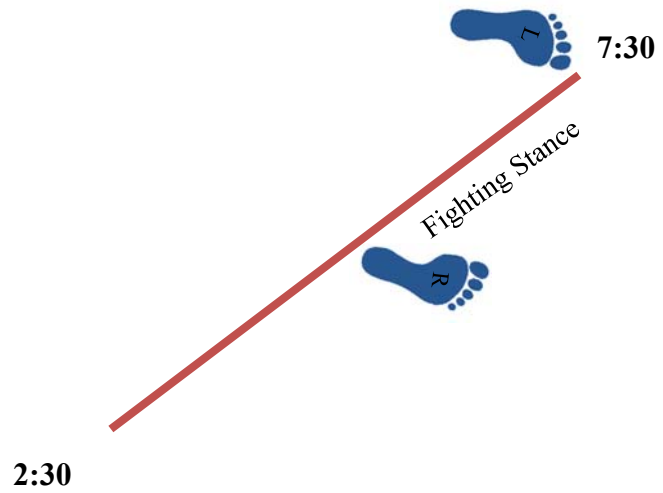


Slide your right foot to 4:30 into a fighting horse stance followed by a chop to the throat then a chop to the groin.





Slide your left foot to 7:30 into a fighting horse stance followed by a chop to the throat then a chop to the groin.



Slide your left foot to 10:30 into a fighting horse stance followed by a chop to the throat then a chop to the groin.

