

TRACY KENPO

Youth 3rd Brown Belt

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拳
法
唐
手

Picture Manual

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Youth 3rd Brown Belt Requirements

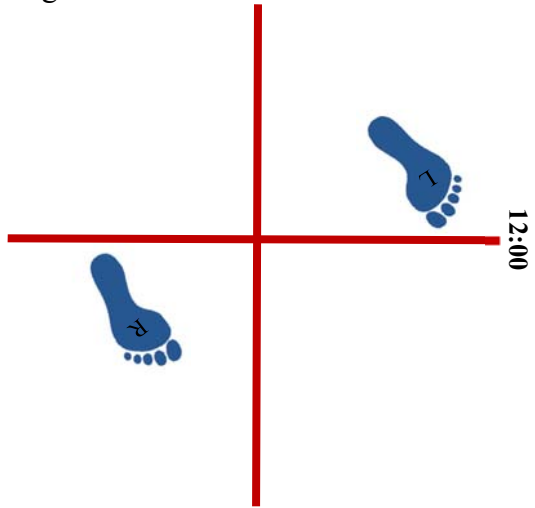
拳
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1. **Spinning Hammers:** *right punch from right side*
2. **Miss of the Leap:** *right punch*
3. **Eagle Miss:** *right punch from right side*
4. **Sleeper:** *right punch*
5. **Shaolin Warrior:** *right punch*
6. **Springing Tiger:** *right punch*
7. **Slicing Knee:** *offensive kick left lead*
8. **Turning the Rod:** *right punch from right side*
9. **Eagles Talons:** *front bearhug arms pinned*
10. **Crossing Darts:** *gun from front*
11. **Bending the Staff:** *right punch*
12. **Uncovering the Flame:** *gun from back*
13. **Opening the Fan AB:** *right punch*
14. **Double Blades:** *roundhouse club*
15. **Clawing Panther:** *left right punch*
16. **Spear of Jade ABC:** *combination punch*
17. **3 Winds Claw ABCD:** *left right punch*
18. **3 Winds Fist ABCD:** *left right punch*
19. **Chinese Cobra:** *right left punch*
20. **The Phoenix:** *right grab to left shoulder*

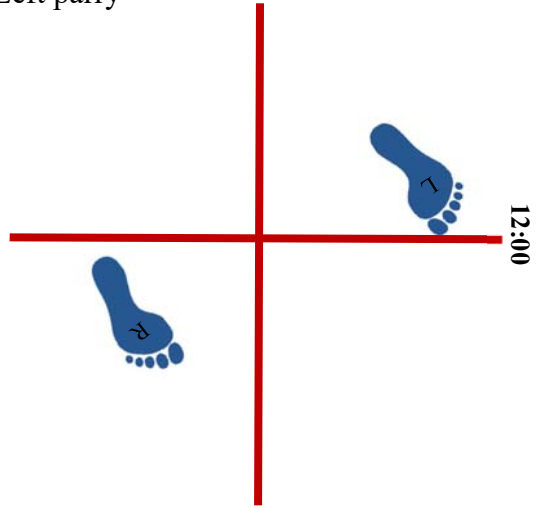
1. Spinning Hammers: *right punch, from right side*



Right fan block

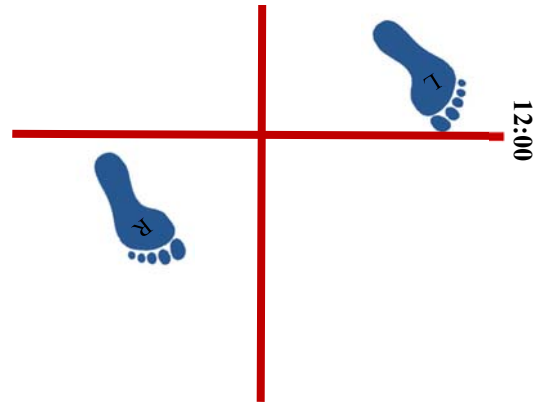


Left parry

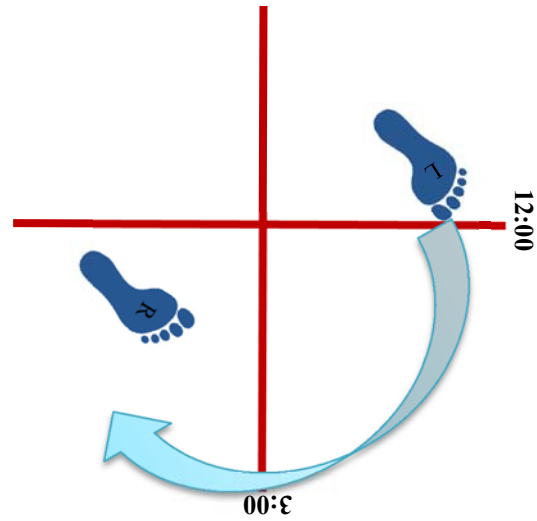




Right Right foot sweeping to 4:30

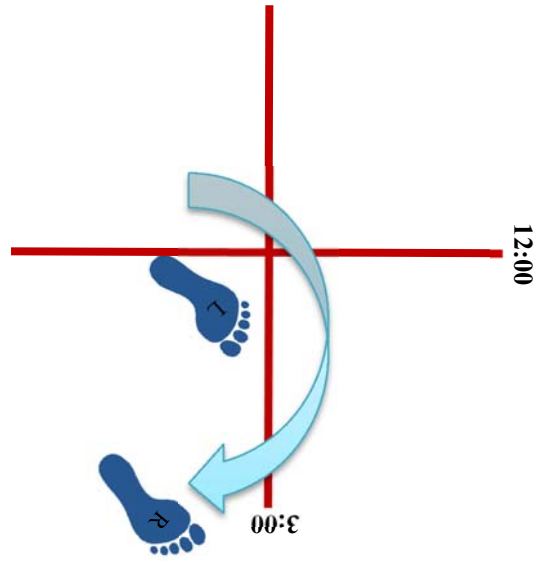


Left foot sweeps CW to 3:00

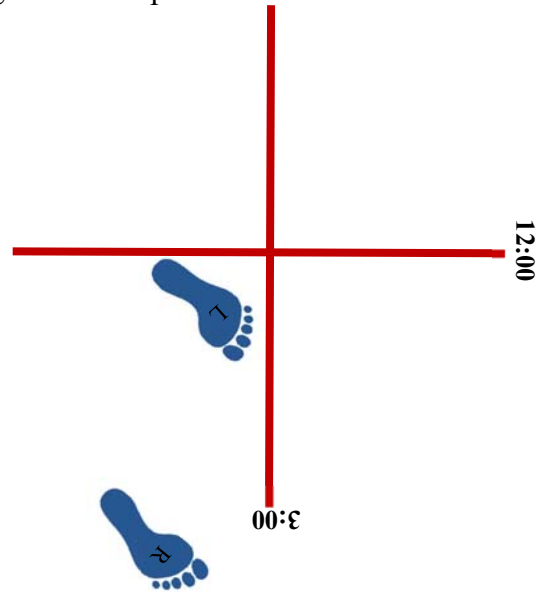




Left foot sweeps to 4:30.



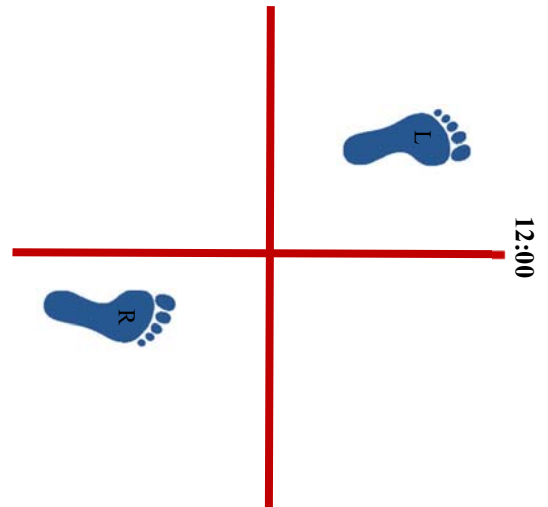
Right inverted punch.



2. Miss of the Leap: *right punch*



Left foot steps to 10:30 along with a right threading the needle.



Left heel palm through elbow.

