

TRACY'S KENPO

Orange Belt Requirements Reference Manual



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Orange Belt Requirements

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Orange Belt

1. Attacking Circle: using the clock as a reference

Defense:

This Technique is to teach you footwork and how to use the clock system and to move from one place to the next always having a reference point for your next move or opponent.

(90-degree angles) Slide you right foot to 12:00, 3:00, 6:00, 9:00 using your left foot, each time coming back to center. Step in to a fighting horse stance followed by a chop to the throat then a chop to the groin.

(45-degree angles) The time zones are 2:30, 4:30, and 6:30, 10:30, doing a chop to the neck and then a chop to the groin.

2. Sumo: Two-hand grab low

Defense:

Left footsteps to 9:00 into horse stance simultaneously both elbows will circle up and strike down on top of radial nerve and clearing arms away flowing right into a Double spear hand strike to throat. Step with right foot to 12:00 right vertical forearm to strike to sternum your left hand will cover. Right soft bow followed by a right hammer fist to groin. Go draw to right cat stance to loose distance, followed by a Back Kick then cross out.

3. Japanese Strangle Hold ABCDE: strangle hold from behind

Defense A:

Step left to 9:00 into a square horse stance, left hand covers as you throw a right elbow to solar plexus.

Defense B:

Step left to 9:00 into a square horse stance, left hand covers as you throw a right hammerfist to groin.

Defense C:

Step left to 9:00 into a square horse stance, left hand covers as you throw a right elbow to solar plexus, right hammerfist to groin.

Defense D:

Step left to 9:00 into a square horse stance, left hand covers as you throw a right elbow to solar plexus, right hammerfist to groin, grab groin and pull up as your strike your elbow into the attackers chin.

Defense E: right arm is restricted

Step right to 9:00 into a square horse stance, right hand covers as you throw a left elbow to solar plexus, left hammerfist to groin, grab groin and pull up as your strike your elbow into the attackers chin.

4. Blocking the Kick: ABCD: right front kick E: left front kick**Defense A:**

Right foot step back to 5:30 as you throw a left downward block to the inside of the right kick followed by a punch to the head.

Defense B:

Right foot step back to 5:30 as you throw a left downward block to the inside of the right kick followed by a punch to the body.

Defense C:

Right foot step back to 5:30 as you throw a left downward block to the inside of the right kick followed by a punch to the groin.

Defense D:

Right foot step back to 5:30 as you throw a left downward block to the inside of the right kick followed by a right front snap kick to the groin.