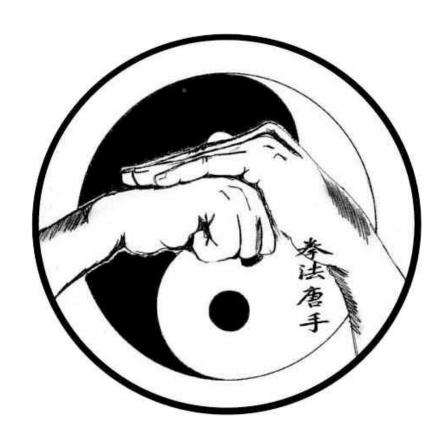
## TRACY'S KENPO

## Orange Belt Requirements Reference Manual



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## **Orange Belt Requirements**

#### SHORT 1

- 1. ATTACKING CIRCLE
- 2. SUMO
- 3. JAPANESE STRANGLE HOLD (ABCDE)
- 4. BLOCKING THE KICK (ABCDE)
- 5. HEADLOCK (ABC)
- 6. CRASH OF THE EAGLE PART I (ABCDE)
- 7. GRASPING TALON (AB)
- 8. TACKLE TECHNIQUES (ABCD)
- 9. DANCER
- 10. OPPONENT AT SIDES (ABCD)
- 11. PASSING THE HORIZON (AB)
- 12. KIMONO GRAB AB
- 13. LEVER (ABC)
- 14. CRASHING ELBOW (AB)
- 15. HEEL HOOK
- 16. BRIDGE (AB)
- 17. EAGLE'S BEAK (ABC)
- 18. FRONT BEARHUG (ABCD)
- 19. SIMITAR
- 20. BREAKING THE CROSS
- 21. AIMING THE SPEAR
- 22. RAISING THE STAFF
- 23. LOWERING THE GATE (AB)
- 24. ROCKING ELBOW
- 25. REVERSE HAMMERLOCK (AB)
- 26. ANVIL (ABCD)
- 27. KNEE LIFT
- 28. CRANE LEAP
- 29. DRIVING ELBOWS (AB)
- 30. CROSSING GUARD (AB)

## **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.