

# Tracy's Kenpo Karate

## Youth Orange Belt Requirements

拳  
法  
唐  
手

1. ATTACKING CIRCLE – *Clock position*
2. JAPANESE STRANGLE HOLD (ABCD) – *arm strangle form behind*
3. HEADLOCK (ABC) – *(AB) headlock from side (C) headlock from front*
4. TACKLE TECHNIQUES (ABCD) – *charging tackle from front*
5. DANCER - *two hand choke from behind*
6. OPPONENT AT SIDES (ABCD) - *opponents on your sides*
7. CRASHING ELBOW (AB) – *right punch*
8. HEEL HOOK - – *full nelson*
9. FRONT BEARHUG (ABC) – *front bearhug arms free*
10. AIMING THE SPEAR – *aiming the spear*
11. CRANE LEAP - *handshake*
12. DRIVING ELBOWS (AB) – *offensive motion from the side*

**Forms**

Short 1