

# **Tracy's Kenpo Karate**

## **Junior Purple Belt Requirements**

1. STRIKING MACE
2. CROSSING TALON (ABC)
3. CIRCLING ELBOWS
4. WINDMILL GUARD
5. RISING ELBOW
6. GUARDING THE WALL
7. STRIKING FANG (AB)
8. SHACKLE BREAK (ABC)
9. FULL NELSON
10. KUNG FU CROSS
11. ATTACK FROM THE TEMPLE (AB)
12. KNEELING PRAYER (BOWING TO BUDDHA) (AB)
13. COVERING TALON
14. 2 HEADED SERPENT

**Forms**  
Short 2