

# **Tracy's Kenpo Karate**

## **1st Brown Belt Requirements**

1. LEGIONS OF MING
2. FISH HOOK
3. THE SICKLE
4. THE DAGGER (AB)
5. MANTIS
6. WHIRLING MANTIS
7. STICKS OF SATIN (AB)
8. DIVING HAWK
9. ADVANCING HAMMERS
10. SWEEPING ARM HOOK
11. SNAPPING TWIG
12. BREAKING THE YOKE
13. PRAYER OF DEATH
14. RAISING THE SHIELD
15. CIRCLING THE PAGODA (ABC)
16. THE THISTLE
17. PASSING WIND (ABC)
18. REVERSING WIND
19. TWISTING STAVES (AB)
20. GUIDING THE STAFF
21. CYCLONE
22. DOUBLE SPEAR (ABCD)
23. CROSSING SWORDS
24. WHIRLING THORN
25. THE WEDGE (ABC)
26. SLASHING COUGAR
27. TWISTING KNEE (ABC)
28. DOUBLE ASP (ABCD)
29. ORIENTAL LEVER (AB)
30. PARTING THE REEDS

### **Forms**

Long 5

Mass Attacks A & B