

# Tracy's Kenpo Karate

## 2nd Brown Belt Requirements

1. HIDDEN FIST (AB)
2. ROCKER
3. CIRCLING THE SUN (ABCD)
4. LEVELING THE CLOUDS
5. PLUCKING A BIRD FROM THE SKY
6. SLEEVES OF CHINA
7. MONKEY ELBOW (AB)
8. STRIKING ASP (ABC)
9. SHOOTING STAR
10. PUSHING THE CIRCLE (ABC)
11. CIRCLES OF GRASS
12. JAPANESE HANDS
13. WATERWHEEL (AB)
14. TUMBLING CLOUDS (ABC)
15. RISING KICK
16. CRANE KICK
17. SWEEPING SERPENT
18. COVERING THE FLAME (AB)
19. COBRA AND THE MONGOOSE
20. CHINESE JUNK
21. DANCE OF THE MONGOOSE
22. OFFER OF DUST
23. MING'S SWORD
24. CHINESE FAN
25. LOCKING THE GATE
26. WATER FALL
27. PRANCE OF THE TIGER
28. THE RAKE
29. 3 TONGUES OF THE DRAGON
30. BLOCKING THE SUN (AB)

### Forms

Tiger & Crane  
Skylight Staff