

Tracy's Kenpo Karate

3rd Brown Belt Requirements

1. SPINNING HAMMERS
2. DANCE OF DEATH (AB)
3. LEAP OF DEATH (ABCD)
4. MISS OF THE LEAP (ABCD)
5. EAGLE CLAW
6. EAGLE MISS
7. FOOT RAKE
8. SLEEPER (AB)
9. STARTLED CAT (AB)
10. MANCHURIAN TAKEDOWN
11. SHAOLIN WARRIOR (ABC)
12. SPRINGING TIGER (AB)
13. RAKING THE GROUND
14. SLICING KNEE
15. TURNING THE ROD
16. EAGLE'S TALONS
17. CROSSING DARTS
18. BENDING THE STAFF
19. DROPPING THE STAFF
20. THE ESCAPE
21. UNCOVERING THE FLAME
22. OPENING THE FAN (AB)
23. DOUBLE BLADES (ABCD)
24. CLAWING PANTHER
25. SPEAR OF JADE (ABC)
26. 3 WINDS CLAW (ABCD)
27. 3 WINDS FIST (ABCD)
28. CHINESE COBRA
29. THE PHOENIX
30. RETREATING PHOENIX

Forms

Long 4
Darkroom Staff