

# Tracy's Kenpo Karate

## Black Belt Requirements

1. CHINESE PINCERS
2. CROSSING HOOKS
3. TURNING THE FLAME (AB)
4. STOPPING THE STAFF
5. TWISTING VINE
6. BREAKING THE STAVES (AB)
7. HANDS OF JADE
8. SPINNING LOG
9. LEVER OF MING (AB)
10. THE LION (AB)
11. DOUBLE LANCE (ABCDE)
12. COVERING THE MOON
13. RETURNING FIST (AB)
14. FALLING BLADES
15. DANCE OF THE DRAGON
16. FALLING HAMMERS
17. CORKSCREW (ABC)
18. THE WHIP
19. WINDING ELBOWS (ABCDE)
20. TWISTING SERPENT
21. CHOPPING THE LOG
22. FALLING TREE (ABC)
23. THE PYTHON
24. TWISTING DRAGON
25. SLICING HANDS
26. THE SCORPION
27. CHINESE THUMBSCREW (AB)
28. 4 FISTS
29. ADVANCING DRAGON
30. THE LOCK

### Forms:

Long 6

Two Person Set, both sides & with a partner