

Tracy's Kenpo Karate

Blue Belt Requirements

1. TURNING THE HANDLE
2. BRIDGING THE GAP
3. ADVANCING PHOENIX (AB)
4. TWO HEADED SERPENT
5. REVERSING GRASP (AB)
6. REACHING FOR THE MOON
7. FLASHING DAGGERS
8. BENDING THE LIMB
9. WRAP AROUNDS (ABCD)
10. CROUCHING FALCON
11. DARTING SERPENT (AB)
12. SILK WIND
13. SPREADING THE LEAVES
14. CROSSING THE LOCK
15. DARKNESS
16. SPINNING FROM THE SUN
17. FOLDING WINGS
18. VISE
19. SWINGING GATE
20. STRETHING THE BOW
21. ARCING BLADES
22. CIRCLE OF CHINA
23. SILENT ESCAPE
24. RETURNING VIPER
25. RETURNING THUNDER
26. THE SERPENT
27. BROKEN STAFF
28. CIRCLING SERPENT
29. CHINESE "L" CHOKE
30. 5 SWORDS

Forms

Short 3

Long 2