

# Tracy's Kenpo Karate

## Green Belt Requirements

1. SNAPPING THE ROD
2. TURNING THE KEY (AB)
3. THE BUTTERFLY (AB)
4. WHIRLING WARRIOR (ABC)
5. FLOWING HANDS
6. WHIRLING BLADES (ABC)
7. THRUSTING LIMB (ABC)
8. CROSSING HAMMERS (ABC)
9. 2 MAN SWINGING GATE (AB)
10. SWEEPING BRANCHES
11. KNEE SWEEP
12. KUNG FU WRIST
13. STONE WARRIOR (AB)
14. PRAYING MANTIS
15. DRUMS OF MANCHU
16. SOWING THE SEEDS
17. FLASHING WINGS
18. PARTING THE WAVES
19. WINDING LIMBS (ABC)
20. BRUSHING WIND
21. THUNDERING HAMMERS
22. CHECKING THE TIDE
23. CROSSING THE MOUNTAIN
24. WHIRLING LEAVES (ABC)
25. SWEEPING WINGS
26. KNEELING TIGER
27. THE LOTUS
28. ATTACKING THE WALL (AB)
29. 7 SWORDS
30. REVERSING HAMMERS

### Forms

Long 3

Book Set (Panther Set)