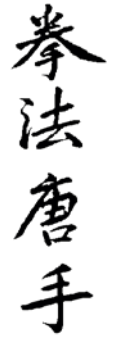


Tracy Kenpo Karate Yellow Belt Requirements



1. **Japanese Sword AB:** A) *left punch* B) *right punch*
2. **Chinese Sword AB:** A) *right punch* B) *left punch*
3. **Delayed Sword:** *right punch*
4. **Knee of Vengeance:** *two hand push*
5. **Fang of the Cobra:** *two hand choke*
6. **Twisting Talon AB:** A) *straight arm wrist grab* B) *cross arm wrist grab*
7. **Returning Dragon:** *left grab to right shoulder, right side*
8. **Breaking the Sword:** *hand shake*
9. **Kenpo Shield AB:** *right or left punch*
10. **Evasion:** *overhead club attack*

KICKS	BLOCKS	STANCE
Front Snap Kick	Inward Block	Attention Stance
Side Snap Kick	Scissor Block	Softbow
Back Kick	Upward Block	Hardbow
Front Kick Back Kick Comb	Extended Outward Block	Horse Stance
Front Kick Side Kick Comb		Cat Stance
Side Thrust Kick		
Turning Back Kick		
Round House Kick		
Crossing Back Kick		