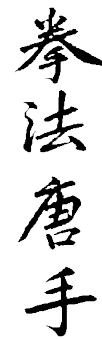


# Tracy Kenpo Karate

## Orange Belt Requirements



1. ATTACKING CIRCLE – *Clock position*
2. SUMO – *two hand grab low*
3. JAPANESE STRANGLE HOLD (ABCDE) – *arm strangle form behind*
4. BLOCKING THE KICK (ABCDE) – *front snap kick*
5. HEADLOCK (ABC) – *(AB) headlock from side (C) headlock from front*
6. CRASH OF THE EAGLE PART I (ABCDE) – *two hand choke from behind*
7. GRASPING TALON (AB) – *cross arm wrist grab*
8. TACKLE TECHNIQUES (ABCD) – *charging tackle from front*
9. DANCER – *two hand choke from behind*
10. OPPONENT AT SIDES (ABCD) - *opponents on your sides*
11. PASSING THE HORIZON (AB) – *hammerlock from behind*
12. KIMONO GRAB AB – *two hand front grab*
13. LEVER (ABC) – *left grab to right shoulder from the side*
14. CRASHING ELBOW (AB) – *right punch*
15. HEEL HOOK – *full nelson*
16. BRIDGE (AB) – *two hand choke from behind*
17. EAGLE'S BEAK (ABC) – *shoulder grab from the side*
18. FRONT BEARHUG (ABCD) – *front bearhug arms free*
19. SIMITAR – *right punch*
20. BREAKING THE CROSS – *two hand choke from behind*
21. AIMING THE SPEAR – *aiming the spear*
22. RAISING THE STAFF – *straight arm wrist grab*
23. LOWERING THE GATE (AB) – *right or left punch*
24. ROCKING ELBOW – *straight arm wrist grab*
25. REVERSE HAMMERLOCK (AB) - *hammerlock*
26. ANVIL (ABCD) – *two hand grab from the front*
27. KNEE LIFT – *front bearhug high arms pinned*
28. CRANE LEAP - *handshake*
29. DRIVING ELBOWS (AB) - *handshake*
30. CROSSING GUARD (AB) – *offensive motion from the side*