



TRACY'S KARATE STUDIO
KENPO KARATE
BLUE BELT
(GOKYU - 5th KYU)

1. Bridging The Gap Attack: Two Hand Belt Grab
2. Advancing Phoenix Attack: Shoulder Grab
3. Flashing Daggers Attack: Two Hand Push
4. Silk Wind Attack: Interlocked Arms From Behind
5. Spreading The Leaves Attack: Full Nelson
6. Crossing The Lock Attack: Double Wrist Grab
7. Folding Wings Attack: Two Man Attack
8. Vise Attack: Right Punch
9. Swinging Gate Attack: Two Hand Shirt Grab
10. Stretching The Bow Attack: Right Punch
11. Arching Blades Attack: Right Punch
12. Circle Of China Attack: Front Kick
13. Silent Escape Attack: Hammerlock
14. Returning Viper Attack: Counter Kick

15. Returning Thunder Attack: Counter Kick
16. The Serpent Attack: Right Kick

FORM/KATA: SHORT 3
Two Headed Serpent
Double Eye Spear
Circling Elbows
Opening Cowl
Crash Of The Eagle Part II
Crossing Talon
Heel Hook
Bridging The Gap
Headlock
Locking Arm
Shackle Break
Silk Wind
Advancing Phoenix
Front Bear Hug
Close