



**TRACY'S KARATE STUDIO
KENPO KARATE
GREEN BELT
(YONKYU - 4th KYU)**

1. The Butterfly Attack: Right Punch
2. Whirling Warrior Attack: Right Punch
3. Flowing Hands Attack: Two Man Attack
4. Whirling Blades Attack: Right Punch
5. Thrusting Limb Attack: Caught Kick
6. Crossing Hammers Attack: Left Punch
7. Two Man Swinging Gate Attack: Two Man Attack
8. Sweeping Branches Attack: Two Man Attack
9. Knee Sweep Attack: Two Man Attack
10. Kung Fu Wrist Attack: Two Man Attack
11. Stone Warrior Attack: Two Man Attack
12. Praying Mantis Attack: Right, Left Punch
13. Flashing Wings Attack: Right Punch
14. Parting The Waves Attack: Right Punch

15. Thundering Hammers Attack: Right Punch
16. Whirling Leaves Attack: Left, Right Punch
17. Attacking The Wall Attack: Right Punch
18. Seven Swords Attack: Right Punch

FORM/KATA: MASS ATTACK
Flowing Hands
Front Chicken Kick
Whirling Blades
Thrusting Limb
Outward Block - Punch - Kick
Crossing Hammers
Two Man Swinging Gate
Attack From The Temple
Sweeping Branches
Knee Sweep
Kung Fu Wrist
Stone Warrior
Close