



**TRACY'S KARATE STUDIO
KENPO KARATE
ORANGE BELT
(SHICHIKYU - 7th KYU)**

1. Attacking the Circle Attack: Clock Drill
2. Japanese Strangle Hold Attack: Choke from Behind
3. Headlock Attack: Headlock
4. Tackle Techniques Attack: Tackle
5. Dancer Attack: Choke from Behind
6. Opponent at Sides Attack: Two Man Attack
7. Crashing Elbows Attack: Right Punch
8. Heel Hook Attack: Full Nelson
9. Front Bear Hug Attack: Front Bear Hug
10. Aiming the Spear Attack: Front Shoulder Grab
11. Crane Leap Attack: Handshake
12. Driving Elbows Attack: Bear Hug from Behind

FORM/KATA: SHORT 1
Inward Blocks
Inward/Outward Blocks
Inward/Upward Blocks
Downward Blocks

FALLS
Back Fall
Side Fall
Forward Roll

