



**TRACY'S KARATE STUDIO
KENPO KARATE
PURPLE BELT
(ROKKYU - 6th KYU)**

1. Striking Mace Attack: Right Punch
2. Crossing Talon Attack: Cross Hand Wrist Grab
3. Circling Elbows Attack: Bear Hug From Behind
4. Covering Talon Attack: Two Hand Shirt Grab
5. Windmill Guard Attack: Right Punch
6. Kung Fu Cross Attack: Left Punch
7. Attack From The Temple Attack: Offensive Movement
8. Bowing To Buddha Attack: Knee Strike
9. Rising Elbow Attack: Bear Hug From Behind
10. Guarding The Wall Attack: Right Punch
11. Striking Fang Attack: Right Punch
12. Shackle Break Attack: Double Wrist Grab From Behind

13. Full Nelson Attack: Full Nelson
14. Two Headed Serpent Attack: Two Hand Choke
15. Returning Thunder Attack: Offensive Movement

FORM/KATA: SHORT 2
Inward Block - Chop
Outward Block - Punch
Upward Block - Rake
Downward Block - Palm
Upward Block - Half Fist

