



TRACY'S KARATE STUDIO
KENPO KARATE
YELLOW BELT

1. Japanese Sword
2. Chinese Sword
3. Delayed Sword
4. Knee Of Vengeance
5. Fang Of The Cobra
6. Twisting Talon
7. Returning Dragon
8. Breaking The Sword
9. Kenpo Shield
10. Evasion

PUNCHES

- Back-Fist
- Reverse Punch

STANCES

- Horse Stance
- Fighting Stance
- Cat Stance
- Bow Stance (Forward)
- Reverse-Bow Stance

BLOCKS

- Upward Block
- Inward Block
- Outward Block
- Downward Block

DRILL

- Star Block Drill

KICKS

- Snap Kick (Front Kick)
- Rear Kick (Back Kick)
- Crossing Rear Kick
- Wheel-Kick (Roundhouse Kick)
- Side Kick (Knife-Edge Kick)
- Snap / Rear Kick
- Thrust Kick (Stop Kick)

