



TRACY'S KARATE STUDIO
Yellow - Hachikyu

拳
法
唐
手

Technique List:

1. Japanese Sword

Notes: _____

2. Chinese Sword

Notes: _____

3. Delayed Sword

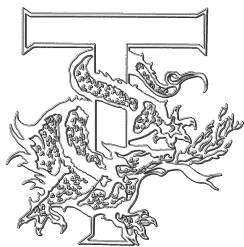
Notes: _____

4. Knee Of Vengeance

Notes: _____

5. Fang Of The Cobra

Notes: _____



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Technique List:

6. Twisting Talon

Notes: _____

7. Returning Dragon

Notes: _____

8. Breaking The Sword

Notes: _____

9. Kenpo Shield

Notes: _____

10. Evasion

Notes: _____



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Blocks:

- ▶ Upward Block
- ▶ Inward Block
- ▶ Outward Block
- ▶ Downward Block
- ▶ Extended Outward Block

Drill:

- ▶ Star Block Drill
- ▶ Advanced Star Block

Stances:

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

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)
- ▶ Chicken Kick

Punches:

- ▶ Back-fist
- ▶ Reverse Punch

Falls:

- ▶ Back Fall
- ▶ Side Fall
- ▶ Forward Roll

Notes: _____

