



## Study Guide for Students *Getting to Yellow Belt*

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### Introduction

The material required for yellow belt, the first ranked belt of the Tracy Kenpo system, consists of 10 effective self-defense techniques as well as a handful of basic punches, kicks, and blocks.

These techniques are relatively simple but lay a solid foundation for an individual's self defense system.

New students should not become frustrated with feeling awkward performing the yellow belt material nor should they feel discouraged. Learning to punch, kick, and block correctly is first a matter of learning the technique properly over a period of a few weeks, and then the rest of your life making your version effective.

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### Techniques Required

Japanese Sword (AB)	Twisting Talon (AB)
Chinese Sword (AB)	Returning Dragon
Delayed Sword	Knee of Vengeance
Fang of the Cobra	Breaking the Sword
Kenpo Shield (AB)	Evasion

### Notes and Observations Regarding the Above Techniques

- Japanese Sword: Know which direction to step for A and B. The most common mistake made in Japanese Sword is in the first step.
  - Chinese Sword: The most common mistake for Chinese Sword is confusing it with Japanese sword! Be familiar with the striking targets and weapon changes with Part B.
  - Delayed Sword: Develop a good cat stance to make this move shine. Don't forget to step in with the kick.
  - Fang of the Cobra: Make sure your initial step matches your initial strike. Know why we strike with the front knee.
  - Kenpo Shield: Step in the right direction
  - Twisting Talon: Technically, A and B have been merged into a single move. For historical points, ask what the original A & B were!
  - Returning Dragon: Don't forget to bounce the back kicks. Know why the kicks are ordered in the manner they are.
  - Breaking the Sword: Remember to look at your targets.
  - Evasion: Remember which hand to block with. More importantly, know WHY you block with that hand.
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### Basics Required

Four Primary Blocks ( <i>Upward, Downward, Inward, Outward</i> )	Outward Extended Block
Reverse Punch	Inverted Punch
Front Snap Kick	Side Kick (Snap)
Back Kick	

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### Things to Practice

At white belt, everything is typically new, so technically you should be practicing practically everything to some degree. It is recommended that becoming familiar and comfortable in the horse stance is one of the primary goals of the new student. Almost all punching and blocking drills will be performed from this stance. It is also used, to varying degrees, in most of the self defense moves contaminated in the Tracy System. Developing your horse stance will put you ahead when learning more advanced material as you progress.

An effective nightly practice run for a white belt may look like this:

1. Start off by standing in a normal “standing around” stance, and then drop to a square horse. Look at your feet and knees to check alignment. Perform this ten times correcting any mistakes before continuing. Do the same for a stepping back horse stance with both the left and right foot.
  2. In a square horse stance, do ten repetitions of each of the four primary blocks with each hand. As you become more comfortable, throw in double punches to get extra practice.
  3. In a square horse stance, execute ten to twenty punches with each hand. Check shoulder alignment and punching alignment in a mirror.
  4. Perform ten to twenty front snap, side snap, and back kicks with each leg. Make sure your foot alignment and striking area is proper.
  5. Perform your ten self defense techniques both left and right side (where applicable).
  6. Do something FUN! Practice an advanced technique or basic you learned in class. If you have problems, write down the problem and ask about it the next time in class.
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### **Sensei's Notes**

Yellow belt is a get acquainted belt i.e. earning it is an opportunity to become familiar with the material, what's expected of you as a student, and what to expect from the instruction. It's also a great time to learn about yourself and what you, as a student, are capable of now.

With regards to the self defense moves, the yellow belt techniques are clear and straightforward with all of them being viable options for use on the street. The lone exception could be Japanese Sword which is mainly taught as a technique exemplifying Japanese philosophy.

When practicing, make sure you practice basics and techniques on both the left and right sides. It's gratifying to really develop a certain kick or punch performed with your strong side, but a good fighter will quickly spot a weakness if your off hand or off leg is weak. Develop both sides.