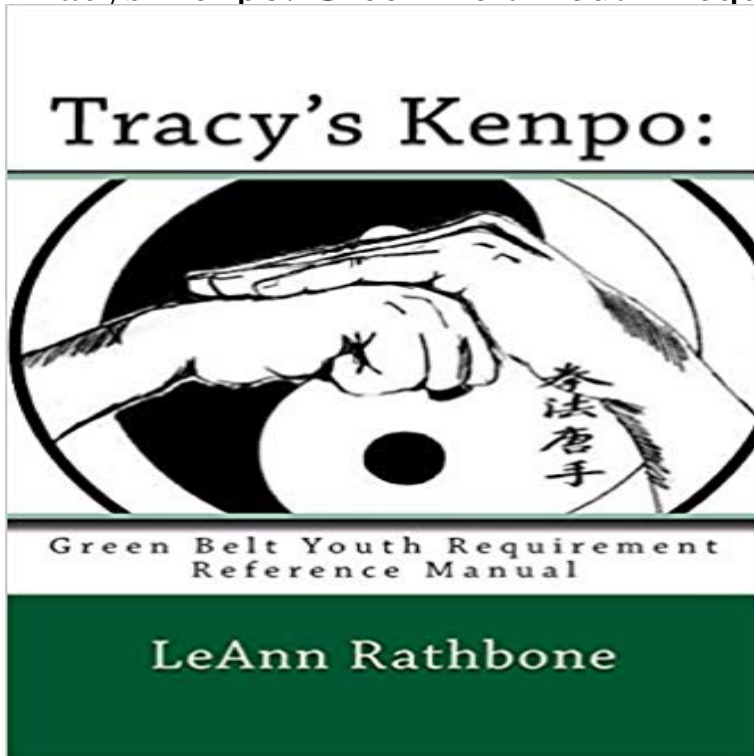


Tracys Kenpo: Green Belt Youth Requirement Reference Manual



Tracys youth program is exactly the same self-defense techniques and Katas as the adults, but the amount of required material for each level has been scaled down. Each youth belt level gets progressively more difficult. The technique requirements parallel the adult requirements; so all self-defense techniques for youth come out of the adult requirements. The following are the number of techniques assigned to each belt: Jr. Yellow 10 Jr. Orange 12 Jr. Purple 14 Jr. Blue 16 Jr. Green 18 Jr. 3rd Brown 20 Jr. 2nd Brown 22 Jr. 1st Brown 24 Jr. 1st Black 26 As a training aid, we encourage all students to buy this manual to assist with their training requirements for each belt. The manual covers all technique requirements for the belt as well as katas if they are required. These manuals are available from YELLOW BELT thru BLACK BELT with a complete breakdown step-by-step of the individual techniques and the Kata requirements are listed as well. This manual is a reference manual and design to assist the student with learning their techniques not to teach the techniques to the student. In this manual you will find all the requirements for Junior Green Belt Self Defense Techniques. 18 self-defense techniques and Darkroom Staff

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