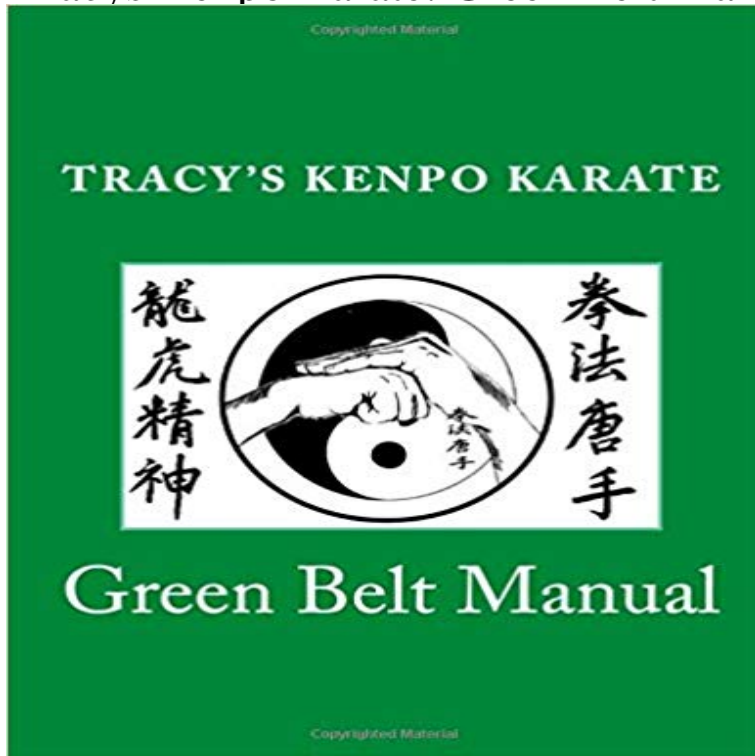


Tracys Kenpo Karate: Green Belt Manual



This manual will go over the 30 Self Defense Techniques required for Tracys Kenpo Karate Green Belt. In this manual you will find all 30 self-defense techniques that are required for Green Belt with step by step instruction with color pictures. The author of this manual is LeAnn Rathbone who has over 25 years in the martial arts and holds a 4th degree Black Belt in White Tiger Kenpo Jujitsu, 1st Black in Tracys Kenpo Karate and a Black Belt in Aiki Combat Jujitsu. LeAnns Instructor Shihan Jim Rathbone has over 50 years in the Martial Arts is the Founder of White Tiger Kenpo Jujitsu as well as holding a 2nd Degree Black Belt in Tracys Kenpo Karate under Al Tracy, A 3rd Degree Black Belt in Aiki Combat Jujitsu and a Black Belt in Japanese Goju - Ryu under Hanshi Lou Angel. Hanshi Angel was Jeff Speakmans first instructor and sat on the promotion board of Parkers American Kenpo Karate Association. For more martial arts information visit our websites WWW.DomoAji.Com

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