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Complete System of Tracy's Kenpo Karate: Quick Reference Manual Yellow through 4th Black Belt

LeAnn Rathbone

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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 kata's 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 self-defense techniques that are required for Yellow – 4th Black Belt. You will also find a list and explanation of the basics including stances, strikes, blocks and more. In the back is a great glossary of terms to help the new student with the terminology.

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