



Tracy's Kenpo: Orange and Purple Belt Katas: Forms Short 1, Short 2 and Long 1

LeAnn Rathbone

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This manual will go over the Tracy's Kenpo Katas for Orange Belt and Purple Belt. This manual will give step by step instruction for Short 1, Short 2 and Long 1. This will give you a solid foundation to help you on your journey into Kenpo Karate. 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 Jujits, 1st Black in Tracy's Kenpo Karate and a Black Belt in Aiki Combat Jujitsu. LeAnn's Instructor Shihan Jim Rathbone has over 50 years in the Martial Arts is the Founder of White Tiger Kenpo Jujits as well as holding a 2nd Degree Black Belt in Tracy's 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 Speakman's first instructor and sat on the promotion board of Parker's American Kenpo Karate Association. For more martial arts information visit our websites WWW.DomoAji.Com

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