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Aiki Combat Jujits 3rd Brown Belt Quick Reference Manual

L.M Rathbone

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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 10Jr Orange 12Jr Purple 14Jr Blue 16Jr Green 18Jr 3rd Brown 20Jr 2nd Brown 22Jr 1st Brown 24Jr 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 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 the requirements for Junior 1st Brown Belt Self Defense Techniques 24 self defense techniques and Two Man Set right side <u>Tracy's Kenpo</u> Leann Rathbone, 2014-02-07 Tracy s 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 10Jr Orange 12Jr Purple 14Jr Blue 16Jr Green 18Jr 3rd Brown 20Jr 2nd Brown 22Jr 1st Brown 24Jr 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 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 the requirements for Junior 2nd Brown Belt Self Defense Techniques 22 self defense techniques and Short 4 Tracy's Kenpo Karate Leann Rathbone, 2015-02-23 This manual will go over the Tracy s Kenpo 3rd Brown Belt This manual will give step by step instruction for all 30 self defense techniques The Manual has dozen of colored pictures with step by step instructions on how to do each technique 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 website WWW DomoAji Com Tracy Kenpo Youth 3rd Brown Belt L. M. Rathbone, 2017-05-23 This manual will go over the Tracy's Kenpo youth 3rd Brown Belt This manual will give step by step instruction for all the required self defense techniques

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The Top Books of the Year Aiki Combat Jujits 3rd Brown Belt Quick Reference Manual The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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