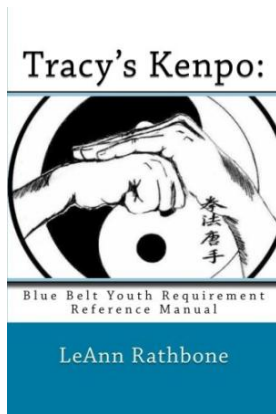


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## TRACYS KENPO BLUE BELT YOUTH REQUIREMENT REFERENCE MANUAL



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 28 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. 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...

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- Authored by Leann Rathbone
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