

DRAGON

White to Yellow Belt Belt

BASICS:

Front Position

Attention Position

PUNCHES:

Front 2 Knuckle

Back 2 Knuckle

KICKS:

Front Ball Kick

Instep

BLOCKS:

1—4

SELF DEFENSE:

“The Wave”

VALUE:

“Respect”

BASICS:

Horse Stance

Right Foot on Elbows

PUNCHES:

Palm Strike

Tigers Claw

KICKS:

Crescent

Reverse Crescent

BLOCKS:

5—8

SELF DEFENSE:

“Please Don’t Take”

FITNESS:

3 Good Push-ups

DRAGON

Yellow to Orange Belt Belt

BASICS:

On Guard Stance

PUNCHES:

Thrust Punch

Hammer Strike

KICKS:

Stepping Stool Kick

BLOCKS:

1—4 w/ application

SELF DEFENSE:

“The Snake”

VALUE:

“Focus”

BASICS:

Slap Out

PUNCHES:

Leopard Paw

Shuto

KICKS:

Side Kick

BLOCKS:

5—8 w/ application

SELF DEFENSE:

“Pull the Frog”

FITNESS:

5 Good Push-ups

DRAGON

Orange to Purple Belt

BASICS:

Backward Shoulder Roll

BASICS:

Shuffle

PUNCHES:

Chicken Wrist

PUNCHES:

Dragon Strike

KICKS:

Back Kick

KICKS:

Axe Kick

BLOCKS:

1—4 w/ counters

BLOCKS:

5—8 w/ counters

SELF DEFENSE:

“Teacher May I”

SELF DEFENSE:

“The Chicken”

VALUE:

“Self Control”

FITNESS:

Jumping Jacks

DRAGON

Purple to Blue Belt

BASICS:

Half Moon Stance

BASICS:

Half Moon Step

PUNCHES:

Snake Strike

PUNCHES:

Cross-Hand Shuto

KICKS:

Shuffle-In Side Kick

KICKS:

Flying Side Kick

BLOCKS:

Karate Kid 1—6

BLOCKS:

Karate Kid 7—10

SELF DEFENSE:

“The Chicken”
w/ Takedown

SELF DEFENSE:

“Gun Slinger”

VALUE:

“Manners”

FITNESS:

Sit-Ups

DRAGON

Blue to Green Belt

BASICS:

Half Moon Step w/ punch

BASICS:

Cross and Cover

PUNCHES:

Chicken Wrist

PUNCHES:

Dragon Strike

KICKS:

Roundhouse Kick

KICKS:

Kick and Step

SELF DEFENSE:

“Please Don’t Take...”
w/ sweep

SELF DEFENSE:

Combination Six

VALUE:

“Kindness”

FITNESS:

7 Good Push-Ups

DRAGON

Green to Brown Belt

BASICS:

Half Moon Step w/ Block

BASICS:

Forward Shoulder Roll

PUNCHES:

Snake Strike

PUNCHES:

Cross-Hand Shuto

KICKS:

Hook Kick

KICKS:

Spinning Hook Kick

SELF DEFENSE:

Full Nelson

SELF DEFENSE:

Combination Seven

VALUE:

“Discipline”

FITNESS:

10 Good Push-ups

DRAGON

Brown to Black Belt

BASICS:

All Learned

PUNCHES:

All Learned

BLOCKS:

All Learned

KICKS:

All Learned

SELF DEFENSE:

Combination Eight

FORM:

One Pinan, Part I

SEVEN RULES OF THE DRAGON:

Respect
Focus
Self-Control
Manners
Kindness
Discipline
Perseverance