

# DRAGONS

## BLUE BELT REQUIREMENTS



<b>FORMS</b>	Eight Kicks of the Dragon
<b>STRIKES</b>	Crossing front punch, Vertical leopard's paw, Circle tiger to the groin, Spearhand poke, Jump spinning dragon kick, Scissors kick
<b>SPARRING</b>	Check - Ridge hand blitz Defensive side kick
<b>POWERFUL WORDS</b>	Turn in one each month!
<b>GRAB DEFENSE</b>	Side headlock
<b>KNOWLEDGE</b>	Kung Fu Knowledge 21-25
<b>BLOCKS</b>	Defense Stance Blocking System
<b>DM'S</b>	Defense Maneuver #14 Defense Maneuver #15 Defense Maneuver #26