

DRAGONS

WHITE BELT REQUIREMENTS



FORMS	Eagle Form Salutation (5 moves)
STRIKES	Front punch, Back punch, Palm Heel strike, Hammer to the nose, Snap kick, Front Ball kick, Side kick, Back kick
SPARRING	Front shuffle with Front punch - front / rear Back shuffle with #1 and #2 blocks
POWERFUL WORDS	Turn in one each month!
GRAB DEFENSE	Front choke
KNOWLEDGE	Kung Fu Knowledge 1-5
BLOCKS	8-Point Blocking System
DM'S	Defense Maneuver #6 Defense Maneuver #7