

# DRAGONS

## GREEN BELT REQUIREMENTS



<b>FORMS</b>	Stature of the Crane Two Man Bo (North)
<b>STRIKES</b>	Trigger finger strike, Forearm strike, "U" Punch, Axe kick, Hook kick, Stepping stool kick
<b>SPARRING</b>	Shuffle hook kick, Hopping crane kick
<b>POWERFUL WORDS</b>	Turn in one each month!
<b>GRAB DEFENSE</b>	Hair grab
<b>KNOWLEDGE</b>	Kung Fu Knowledge 26-30
<b>BLOCKS</b>	10-Point Blocking System
<b>DM'S</b>	Defense Maneuver #11 Defense Maneuver #13 Defense Maneuver #16