

# DRAGONS

## PURPLE BELT REQUIREMENTS



<b>FORMS</b>	Eagle Form
<b>STRIKES</b>	Ridge hand to the groin, Circle tiger to the eyes, Cross hammer, Front stomp kick, Roundhouse kick, Flip kick
<b>SPARRING</b>	Front and Rear leg roundhouse kick, Right shuffle and Left shuffle with Knife hand blocks
<b>POWERFUL WORDS</b>	Turn in one each month!
<b>GRAB DEFENSE</b>	Single wrist grab
<b>KNOWLEDGE</b>	Kung Fu Knowledge 16-20
<b>BLOCKS</b>	8-Point Blocking System with open hands
<b>DM'S</b>	Defense Maneuver #4 Defense Maneuver #8 Defense Maneuver #9 Defense Maneuver #10