

DRAGONS

ORANGE BELT REQUIREMENTS



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| FORMS | Eagle Form Salutation with left, right and forward block and counterpunch. Right kick Powerpunch, left upward Knifehand block with right back punch into right circling Backfist x 2 |
| STRIKES | Downward Shuto, Downward elbow, Backhand to the nose, Side elbow, Rear Flamingo push kick, Cross over back kick |
| SPARRING | Rear Flamingo push kick Back shuffle with parry block |
| POWERFUL WORDS | Turn in one each month! |
| GRAB DEFENSE | Rear bear hug |
| KNOWLEDGE | Kung Fu Knowledge 11-15 |
| BLOCKS | #5 and #6 Knife hand blocks, #7 and #8 Parry blocks |
| DM'S | Defense Maneuver #2 Defense Maneuver #12 Defense Maneuver #18 |