

DRAGONS
2nd DEGREE BROWN BELT REQUIREMENTS



FORMS	KATA #4 DRAGON SWORD #2
STRIKES	Cross scissors strike, Rising sun punch, Spinning backfist, Tornado kick
SPARRING	Right shuffle and Left shuffle Hook punch Spinning hook kick
POWERFUL WORDS	Turn in one each month!
GRAB DEFENSE	Double wrist grab
WEAPON DEFENSE	Side club
KNOWLEDGE	Kung Fu Knowledge 36-40
DM'S	Defense Maneuver # 20 Defense Maneuver # 21