

DRAGONS  
1<sup>st</sup> DEGREE BROWN BELT REQUIREMENTS



<b>FORMS</b>	KATA #3 DRAGON SWORD #1
<b>STRIKES</b>	Horizontal raking claw, Reverse crane strike, Tigers mouth to the throat, Crossing side kick, Front kick- Back kick-Side kick with one leg
<b>SPARRING</b>	Superman punch / Defensive crane kick
<b>POWERFUL WORDS</b>	Turn in one each month!
<b>GRAB DEFENSE</b>	Mount
<b>WEAPON DEFENSE</b>	Overhead club
<b>KNOWLEDGE</b>	Kung Fu Knowledge 31-35
<b>DM'S</b>	Defense Maneuver # 1 Defense Maneuver # 17 Defense Maneuver # 19