

DRAGONS

YELLOW BELT REQUIREMENTS



FORMS	Eagle Form Salutation with left, right and forward block and counterpunch
STRIKES	Thrust punch, Roundhouse elbow, Rear elbow, Backfist, Crescent kick, Reverse crescent kick, Rising knee to the chin
SPARRING	Front shuffle with Backfist / Side kick Back shuffle with Check block
POWERFUL WORDS	Turn in one each month!
GRAB DEFENSE	Rear choke
KNOWLEDGE	Kung Fu Knowledge 6-10
BLOCKS	#1 and #2 Knife hand blocks, #3 and #4 Check blocks
DM'S	Defense Maneuver #3 Defense Maneuver #5