



## **Adult 1<sup>st</sup> Degree – Dragon Cycle**

### **Technique Work:**

#### **Unfurling Crane**

*Review Punches:*

**L1** Attacking Mace  
**L3** Flashing Mace

*A Left Step Thru And Then a Right Round Punch*

**L2** Leaping Crane  
**PB** Cross of Death

#### **Grasping Eagles**

*Review Grabs:*

**L1** Mace of Aggression  
**L3** Crossed Twigs

*A Rear Left Grab Of The Right Shoulder  
And A Right Punch From the Front*

**L2** Twirling Wings  
**PB** Falling Falcon

#### **Capturing the Rod**

*Right Front Gun Attack*

#### **Glancing Lance**

*Right Midsection Knife Thrust*

### **Extensions: Yellow to Purple:**

#### **Mace of Aggression Extension**

*Two Handed Lapel Grab*

#### **Alternating Mace Extension**

*Review Pushes:*

**L1** Alternating Mace  
**L3** Fatal Cross

*Two Handed Low Push*

**L2** Hooking Wings  
**PB** Broken Ram

#### **Attacking Mace Extension**

*Right Step thru Punch*

### **Extensions: Blue to Brown:**

#### **Thrusting Salute Extension**

*Review Kicks:*

**L1** Thrusting Salute (L)  
**L3** Rotating Destruction

*Left Step Thru Front Kick*

**L2** Swinging Pendulum  
**PB** Protective fans

#### **Captured Twigs Extension**

*Review Hugs & Holds:*

**L1** Captured Twigs  
**L3** Gift of Destiny

*Rear Bear Hug Arms Pinned*

**L2** Crushing Hammer  
**PB** Reversing Circles

#### **The Grasp Extension**

*Review Chokes and Locks:*

**L1** The Grasp  
**L3** Destructive Twins

*Right Head Lock*

**L2** Circling Wing  
**PB** Thrust into Darkness

#### **Checking the Storm (R) Extension**

*Review Clubs:*

**L1** Checking the Storm (R)  
**L3** Securing the Storm

*Right Overhead Club Attack*

**L2** Calming the Storm  
**PB** Destructive fans

**Kata: Yellow to Purple: Traditional Long 4    Blue to Brown: Staff Set Bo Kata**

**All Review: Short 1 thru Long 3**

**Sets:            Dragon Series Bo Strikes & Defense**

**Flow Drill:    Lock Flow 2**

**Stick Work:   Counters off a 4 Line**



## **Adult 1<sup>st</sup> Degree – Dragon Cycle**

### **Technique Work:**

#### **Unfurling Crane**

*Review Punches:*

**L1** Attacking Mace  
**L3** Flashing Mace

*A Left Step Thru And Then a Right Round Punch*

**L2** Leaping Crane  
**PB** Cross of Death

#### **Grasping Eagles**

*Review Grabs:*

**L1** Mace of Aggression  
**L3** Crossed Twigs

*A Rear Left Grab Of The Right Shoulder  
And A Right Punch From the Front*

**L2** Twirling Wings  
**PB** Falling Falcon

#### **Capturing the Rod**

*Right Front Gun Attack*

#### **Glancing Lance**

*Right Midsection Knife Thrust*

### **Extensions: Yellow to Purple:**

#### **Mace of Aggression Extension**

*Two Handed Lapel Grab*

#### **Alternating Mace Extension**

*Review Pushes:*

**L1** Alternating Mace  
**L3** Fatal Cross

*Two Handed Low Push*

**L2** Hooking Wings  
**PB** Broken Ram

#### **Attacking Mace Extension**

*Right Step thru Punch*

### **Extensions: Blue to Brown:**

#### **Thrusting Salute Extension**

*Review Kicks:*

**L1** Thrusting Salute (L)  
**L3** Rotating Destruction

*Left Step Thru Front Kick*

**L2** Swinging Pendulum  
**PB** Protective fans

#### **Captured Twigs Extension**

*Review Hugs & Holds:*

**L1** Captured Twigs  
**L3** Gift of Destiny

*Rear Bear Hug Arms Pinned*

**L2** Crushing Hammer  
**PB** Reversing Circles

#### **The Grasp Extension**

*Review Chokes and Locks:*

**L1** The Grasp  
**L3** Destructive Twins

*Right Head Lock*

**L2** Circling Wing  
**PB** Thrust into Darkness

#### **Checking the Storm (R) Extension**

*Review Clubs:*

**L1** Checking the Storm (R)  
**L3** Securing the Storm

*Right Overhead Club Attack*

**L2** Calming the Storm  
**PB** Destructive fans

**Kata: Yellow to Purple: Traditional Long 4    Blue to Brown: Staff Set Bo Kata**

**All Review: Short 1 thru Long 3**

**Sets:            Dragon Series Bo Strikes & Defense**

**Flow Drill:    Lock Flow 2**

**Stick Work:   Counters off a 4 Line**



## **Adult 1<sup>st</sup> Degree – Dragon Cycle**

### **Technique Work:**

#### **Unfurling Crane**

*Review Punches:*

**L1** Attacking Mace  
**L3** Flashing Mace

*A Left Step Thru And Then a Right Round Punch*

**L2** Leaping Crane  
**PB** Cross of Death

#### **Grasping Eagles**

*Review Grabs:*

**L1** Mace of Aggression  
**L3** Crossed Twigs

*A Rear Left Grab Of The Right Shoulder  
And A Right Punch From the Front*

**L2** Twirling Wings  
**PB** Falling Falcon

#### **Capturing the Rod**

*Right Front Gun Attack*

#### **Glancing Lance**

*Right Midsection Knife Thrust*

### **Extensions: Yellow to Purple:**

#### **Mace of Aggression Extension**

*Two Handed Lapel Grab*

#### **Alternating Mace Extension**

*Review Pushes:*

**L1** Alternating Mace  
**L3** Fatal Cross

*Two Handed Low Push*

**L2** Hooking Wings  
**PB** Broken Ram

#### **Attacking Mace Extension**

*Right Step thru Punch*

### **Extensions: Blue to Brown:**

#### **Thrusting Salute Extension**

*Review Kicks:*

**L1** Thrusting Salute (L)  
**L3** Rotating Destruction

*Left Step Thru Front Kick*

**L2** Swinging Pendulum  
**PB** Protective fans

#### **Captured Twigs Extension**

*Review Hugs & Holds:*

**L1** Captured Twigs  
**L3** Gift of Destiny

*Rear Bear Hug Arms Pinned*

**L2** Crushing Hammer  
**PB** Reversing Circles

#### **The Grasp Extension**

*Review Chokes and Locks:*

**L1** The Grasp  
**L3** Destructive Twins

*Right Head Lock*

**L2** Circling Wing  
**PB** Thrust into Darkness

#### **Checking the Storm (R) Extension**

*Review Clubs:*

**L1** Checking the Storm (R)  
**L3** Securing the Storm

*Right Overhead Club Attack*

**L2** Calming the Storm  
**PB** Destructive fans

**Kata: Yellow to Purple: Traditional Long 4    Blue to Brown: Staff Set Bo Kata**

**All Review: Short 1 thru Long 3**

**Sets:            Dragon Series Bo Strikes & Defense**

**Flow Drill:    Lock Flow 2**

**Stick Work:   Counters off a 4 Line**