

# DRAGON

## White to Yellow Belt Belt

### BASICS:

Front Position

Attention Position

### PUNCHES:

Front 2 Knuckle

Back 2 Knuckle

### KICKS:

Front Ball Kick

Instep

### BLOCKS:

1—4

### SELF DEFENSE:

“The Wave”

### VALUE:

“Respect”

### BASICS:

Horse Stance

Right Foot on Elbows

### PUNCHES:

Palm Strike

Tigers Claw

### KICKS:

Crescent

Reverse Crescent

### BLOCKS:

5—8

### SELF DEFENSE:

“Please Don’t Take”

### FITNESS:

3 Good Push-ups

# DRAGON

## Yellow to Orange Belt Belt

### BASICS:

On Guard Stance

### PUNCHES:

Thrust Punch

Hammer Strike

### KICKS:

Stepping Stool Kick

### BLOCKS:

1—4 w/ application

### SELF DEFENSE:

“The Snake”

### VALUE:

“Focus”

### BASICS:

Slap Out

### PUNCHES:

Leopard Paw

Shuto

### KICKS:

Side Kick

### BLOCKS:

5—8 w/ application

### SELF DEFENSE:

“Pull the Frog”

### FITNESS:

5 Good Push-ups

# DRAGON

## Orange to Purple Belt

### BASICS:

Backward Shoulder Roll

### BASICS:

Shuffle

### PUNCHES:

Chicken Wrist

### PUNCHES:

Dragon Strike

### KICKS:

Back Kick

### KICKS:

Axe Kick

### BLOCKS:

1—4 w/ counters

### BLOCKS:

5—8 w/ counters

### SELF DEFENSE:

“Teacher May I”

### SELF DEFENSE:

“The Chicken”

### VALUE:

“Self Control”

### FITNESS:

Jumping Jacks

# DRAGON

## Purple to Blue Belt

### BASICS:

Half Moon Stance

### BASICS:

Half Moon Step

### PUNCHES:

Snake Strike

### PUNCHES:

Cross-Hand Shuto

### KICKS:

Shuffle-In Side Kick

### KICKS:

Flying Side Kick

### BLOCKS:

Karate Kid 1—6

### BLOCKS:

Karate Kid 7—10

### SELF DEFENSE:

“The Chicken”  
w/ Takedown

### SELF DEFENSE:

“Gun Slinger”

### VALUE:

“Manners”

### FITNESS:

Sit-Ups

# DRAGON

## Blue to Green Belt

### BASICS:

Half Moon Step w/ punch

### BASICS:

Cross and Cover

### PUNCHES:

Chicken Wrist

### PUNCHES:

Dragon Strike

### KICKS:

Roundhouse Kick

### KICKS:

Kick and Step

### SELF DEFENSE:

“Please Don’t Take...”  
w/ sweep

### SELF DEFENSE:

Combination Six

### VALUE:

“Kindness”

### FITNESS:

7 Good Push-Ups

# DRAGON

## Green to Brown Belt

### BASICS:

Half Moon Step w/ Block

### BASICS:

Forward Shoulder Roll

### PUNCHES:

Snake Strike

### PUNCHES:

Cross-Hand Shuto

### KICKS:

Hook Kick

### KICKS:

Spinning Hook Kick

### SELF DEFENSE:

Full Nelson

### SELF DEFENSE:

Combination Seven

### VALUE:

“Discipline”

### FITNESS:

10 Good Push-ups

# DRAGON

## Brown to Black Belt

### BASICS:

All Learned

### PUNCHES:

All Learned

### BLOCKS:

All Learned

### KICKS:

All Learned

### SELF DEFENSE:

Combination Eight

### FORM:

One Pinan,  
Part 1

### SEVEN RULES OF THE DRAGON:

Respect  
Focus  
Self-Control  
Manners  
Kindness  
Discipline  
Perseverance

# DRAGON

## Brown to Black Belt

### BASICS:

All Learned

### PUNCHES:

All Learned

### BLOCKS:

All Learned

### KICKS:

All Learned

### SELF DEFENSE:

Combination Eight

### FORM:

One Pinan, Part 1

### SEVEN RULES OF THE DRAGON:

Respect  
Focus  
Self-Control  
Manners  
Kindness  
Discipline  
Perseverance