

DRAGONS SYLLABUS

WHITE / RED 1st grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

All techniques performed on the spot.

- Bow
- Fighting stance (including switch stance)
- Jab
- Front Kick (back leg - *place back*)
- Finish

WHITE / BLUE 5th grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

As White/Green plus...

Techniques are moving forwards.
Left & right turns included.

- Shuffle Forwards - Two Uppercuts
- Shuffle Forwards - Lead Leg Hook Kick

WHITE / YELLOW 2nd grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

As White/Red plus...

- Jab, Cross
- Round Kick (back leg - *place back*)

WHITE / PURPLE 6th grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

As White/Blue plus...

- Shuffle Forwards - Two Hook Punches
- Round Kick, Round Kick (*both rear leg*)
- Back Break Fall

WHITE / ORANGE 3rd grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

As White/Yellow plus...

- Jab, Cross, Hook
- Side Kick (back leg - *place back*)

WHITE / BROWN 7th grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

As White/Purple plus...

- Shuffle Forwards - Cross, Hook, Cross
- Front Kick, Side Kick (*both rear leg*)
- Padwork with examiner - Jab, Cross, Side Cover x2
- Front Break Fall

WHITE / GREEN 4th grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

As White/Orange plus...

- Jab, Cross, Uppercut
- Jab, Cross, Front Kick (*place back*)
- Demonstrate Belt Tie

WHITE / BLACK 8th grade

Skipping: 1 round - 1 minute
Shadow Sparring: 1 round - 1 minute
Exercises: 10x push-ups, 10x squat jumps, 30seconds plank

As White/Brown plus...

- Shuffle Forwards - Single Back Fist
- Back Kick
- Padwork with examiner - Jab, Cross, Hook, Roll
- Side Break Fall

COMPLETION OF DRAGONS BELTS

PROGRESSION TO JUNIORS CLASSES - WORKING TOWARD THE RED BELT