

WHAT IS A DRAGON BLACK BELT?

Black Belt, the end of one journey and the beginning of another. At this level, the Dragon student has reached their first long term goal. On average, it takes about two years to get a Dragon Black Belt. In that time, the student will have learned a lot about themselves. They have learned that if they want something bad enough, that with hard work and perseverance, they will probably get it. They have learned that they can take bumps, bruises, hits, kicks, and still finish the fight. They are stronger and know that strength comes from exercise and practice. They are confident knowing that they can defend themselves and those that can't. They are smarter having learned life skills such as responsibility, fitness, goal setting, focus, teamwork, communication, and listening. They are positive in character having developed discipline, self-control, respect, courage, courtesy and integrity. They are the kind of person everyone would like to have as a friend and parents can be proud of. The Dragon Black Belt has made a journey that many have started and only a few have finished. When the Dragon puts on their Black Belt, they not only have the POWER that comes with wearing it, but also the RESPONSIBILITY that comes with wearing it. While no one will ever take their belt away once earned, in order to maintain their training, they must still uphold to the responsibility of never mis-using their knowledge and skill to hurt or take advantage of others.

REQUIREMENTS FOR LITTLE DRAGONS BLACK BELT

VERSION 2.1 4-4-12



NAME: _____

DATE: _____

BASICS

1st TIP

KICKS

jump spinning back kick _____

360 roundhouse kick _____

jump side kick _____

2nd TIP

FORMS/SETS

FORM 1 PHASE 5/CONCLUSION

Part 1 (2nd Tip) Mechanical _____ Execution _____

Part 2 (Belt) Mechanical _____ Execution _____

FITNESS REQUIREMENT

100 JUMPING JACKS _____

25 PUSH UPS _____

30 CRUNCHES _____

15 BODY BUILDERS _____

10 LAPS _____

SPARRING

Student will be required to spar three two minute rounds.

Round 1: Full free-style, senior or equally ranked student.

Round 2: Above the belt, junior student

Round 3: Full free-style, two senior or equally ranked students.

BREAKING

Student will be required to make two breaks of his choice

Hand/Elbow _____ Kick _____

SELF DEFENSE

BLACK BELT

MACES OF DOOM (left uppercut) _____

Right Neutral Bow, Right Downward Block/Left Vertical Punch, Right Uppercut

FLASHING WINGS (right straight punch)

Ready Stance, Front Left Neutral Bow, Left Inward Block,

Right Inward Elbow, Left Inward Palm-heel, Right Upward Palm Heel

LEAPING CRANE (right straight punch) _____

Ready Stance, Front Left Neutral Bow, Left Inward Parry

Right Straight Punch, Right Low Side Kick, Right Outward Backfist

CIRCLING MACE (left straight punch) _____

Right Inward Parry, Left Outward Parry, Right Outward Backfist, Right Hook-punch

GRAPPLING

Guard Passes

Single Leg _____

Bull Fighter _____

Positions

Open Guard _____

Clinch

Body Lock Lift _____