

## EDUCATION

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? A SCHOOL TEACHER? DOCTOR? PILOT? KARATE INSTRUCTOR? PRESIDENT OF THE UNITED STATES? WHAT EVER YOU CHOOSE, THEY ALL SHARE ONE THING IN COMMON. YOU MUST HAVE A GOOD EDUCATION. NOW IS THE BEST TIME IN YOUR LIFE TO START BUILDING THE BASICS THAT YOU NEED TO LEARN WITH. WHEN YOU ARE YOUNG, YOUR BRAIN IS LIKE A SPONGE. IT SOAKS UP EVERYTHING THAT IS PUT INTO IT, AND KEEPS IT THERE. AS YOU GET OLDER, THAT SPONGE HAS TO WORK HARDER, AND TO MAKE THAT JOB OF LEARNING IN THE FUTURE EASIER, YOU MUST DEVELOP GOOD LEARNING HABITS NOW. PRACTICE HOW TO MEMORIZE, USE YOUR KENPO TO DEVELOP YOUR ABILITY TO FOCUS AND TO PAY ATTENTION. MOST IMPORTANTLY, LEARN HOW TO LISTEN. IT MAY SEEM LIKE IT WILL BE A LONG TIME BEFORE YOU'RE GROWN UP, BUT IT WILL BE HERE BEFORE YOU KNOW IT. IN MOST CASES, YOUR EDUCATION WILL DETERMINE WHAT YOUR FUTURE HAS IN STORE FOR YOU. YOU CANT BE A TEACHER WITHOUT LEARNING HOW TO TEACH, YOU CANT BE A PILOT WITHOUT MATHEMATICS, YOU CANT BE A DOCTOR WITHOUT ATTENDING MEDICAL SCHOOL, YOU CANT BE A KARATE INSTRUCTOR IF YOU DONT KNOW HOW TO READ, WRITE, OR DO MATH, AND YOU CANT BE THE PRESIDENT WITHOUT MASTERING AN EDUCATION.

# REQUIREMENTS FOR LITTLE DRAGONS BLUE BELT

VERSION 2.5 4-4-12



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## BASICS

### 1st TIP

#### STANCES

wide kneel \_\_\_\_\_

#### MANEUVERS

side step \_\_\_\_\_

### 2nd Tip

#### STANCES

close kneel \_\_\_\_\_

#### BLOCKS

universal \_\_\_\_\_

#### KICKS

spinning side kick \_\_\_\_\_

#### KICKS

back kick \_\_\_\_\_

spinning \_\_\_\_\_

back kick \_\_\_\_\_

#### MANEUVERS

front crossover \_\_\_\_\_

#### HANDSTRIKES

hook punch \_\_\_\_\_

vertical punch \_\_\_\_\_

## FORMS/SETS

### FORM 1 PHASE 2

Part 1 (1st Tip) Mechanical \_\_\_\_\_ Execution \_\_\_\_\_

Part 2 (2nd Tip) Mechanical \_\_\_\_\_ Execution \_\_\_\_\_

Part 3 (Belt) Mechanical \_\_\_\_\_ Execution \_\_\_\_\_

## FITNESS REQUIREMENT

40 JUMPING JACKS \_\_\_\_\_

10 PUSH UPS \_\_\_\_\_

15 CRUNCHES \_\_\_\_\_

8 BODY BUILDERS \_\_\_\_\_

5 LAPS \_\_\_\_\_

## SELF DEFENSE

### BLUE BELT

#### TWO SWORDS \_\_\_\_\_

Ready Stance, Front Right Neutral Bow, Left Outward

Handsword- Right Thrusting Handsword, Left Palm

Thrust, Right Uppercut

#### WHIPPING BACKFIST \_\_\_\_\_

Ready Stance, Rear Right Neutral Bow- Right

Downward Block, Step-drag-Right Backfist

#### DESTRUCTIVE HAMMER \_\_\_\_\_

Ready Stance, Rear Right Neutral Bow, Right Outward

Block, Right Inward Hammerfist, Right Outward

Hammerfist

#### INTERCEPTING THE MACE \_\_\_\_\_

Ready Stance, Front Right Neutral Bow, Left Outward

Block, Right Vertical Punch, Right Hammerfist

Right Inward Palm Heel, Right Low Roundhouse Kick

## SPARRING

#### STRIKING

Combination 7

Drag-step-Lead Roundhouse Kick-Jab-Cross \_\_\_\_\_

Combination 8

Step-thru Roundhouse Kick-Spinning Back Kick \_\_\_\_\_

#### GRAPPLING

Submissions

Throws

arm triangle \_\_\_\_\_

hip roll \_\_\_\_\_

guard armbar \_\_\_\_\_

(o goshi)