

## CHARACTER

The Dictionary shows that the meaning of the word CHARACTER is:

The qualities that distinguish one person from the other.

In this case "qualities" means how we talk to people, how we treat people, how we live our lives, and how we present ourselves to those around us. There are no two people in the world that think the same or act the same. We each have our own character and that character is what other people use to form an opinion of you. If you had bad posture, stared at the ground, and didn't talk to people, your character could lead others to form the idea that you are weak and very shy. On the other hand, someone who is courteous, helpful, friendly, and has good posture will be seen by others as someone who has been well raised by his family and who knows the value of building friendships. There are many components or parts of character. Some of the good ones are Bravery, Honesty, Cleanliness, Courteousness, Helpfulness, and taking care of one's self. Some of the bad ones are, Dis-honesty, Laziness, Cowardice, Rudeness, and not taking care of one's self. Good character is what we work for. It shows others that we like and feel good about ourselves and those around us. Try to be somebody known for being a good person rather than being known as a bad person.

# REQUIREMENTS FOR LITTLE DRAGONS GREEN BELT

VERSION 3.4 4-4-12



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

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

# BASICS

## 1st TIP

<u>KICKS</u>	<u>MANEUVERS</u>
in/outside crescent _____	front/rear crossover _____
<u>HANDSTRIKES</u>	<u>BLOCKS</u>
ridgehand _____	palm up/down _____
spinning backfist _____	

## 2nd TIP FORMS

### FORM 1 PHASE 3

Part 1 (2nd Tip)	Mechanical	_____	Execution	_____
Part 2 (Belt)	Mechanical	_____	Execution	_____

## FITNESS REQUIREMENT

50 JUMPING JACKS	_____
15 PUSH UPS	_____
20 CRUNCHES	_____
10 BODY BUILDERS	_____
10 LAPS	_____

## SPARRING

### STRIKING

Combination 9	
Jab-Cross-Rear Knee-Skip Knee	_____
Combination 10	
Drag-step Side Kick-Spinning Back Kick	_____

# SELF DEFENSE

## GREEN BELT

DIVIDED FURY (front high two hand push)	_____
Ready Stance, Rear Right Neutral Bow, Left/Right Outward Handwords, Right Palmthrust, Left Vertical Punch, Right Outward Handword	
THUNDERING HAMMER(right straight punch)	_____
Ready Stance, Front Left Neutral Bow, Left Inward Block, Right Inward Palmheel, Left Downward Palmheel, Right Downward Hammerfist	
EVADING THE STORM (step-thru right club)	_____
Ready Stance, Left Neutral Bow, Right Outward Block, Right Side Kick	
GATHERING CLOUDS (step-thru right punch)	_____
Ready Stance, Front Left Neutral Bow, Left Inward Block, Right Roundhouse Punch/Backfist, Step-thru Forward, Right Inward Elbow	

## SPARRING (Cont.)

### GRAPPLING

Submissions	Throws
leg triangle _____	body drop _____
	(taiotoshi)
Sweeps	
scissor _____	