

## DRAGONS SYLLABUS

### WHITE / RED *1<sup>st</sup> grade*

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

- Bow
- Fighting stance (including switch stance)
- Jab
- Front kick
- Finish

### WHITE / BLUE *5<sup>th</sup> grade*

Skipping: 1 round – 1 minute  
 Shadow Sparring: 1 round – 1 minute  
 Exercises: 10x push ups, 10x squat jumps, 30s plank  
 As White/Green plus:  
 Techniques are moving forward, left & right turn included.

- Shuffle forward – two uppercuts
- Round kick, round kick (both rear leg)

### WHITE / YELLOW *2<sup>nd</sup> grade*

Skipping: 1 round – 1 minute  
 Shadow Sparring: 1 round – 1 minute  
 Exercises: 10x push ups, 10x squat jumps, 30s plank  
 As White/Red plus:

- Jab, cross
- Roundhouse kick (front leg)

### WHITE / PURPLE *6<sup>th</sup> grade*

Skipping: 1 round – 1 minute  
 Shadow Sparring: 1 round – 1 minute  
 Exercises: 10x push ups, 10x squat jumps, 30s plank  
 As White/Blue plus:

- Shuffle forward – two hook punches
- Double roundhouse kick (front leg)
- Shuffle forward – lead leg hook kick
- Demonstrate Belt Tie

### WHITE / ORANGE *3<sup>rd</sup> grade*

Skipping: 1 round – 1 minute  
 Shadow Sparring: 1 round – 1 minute  
 Exercises: 10x push ups, 10x squat jumps, 30s plank  
 As White/Yellow plus:

- Jab, cross, hook
- Side kick (front leg)

### WHITE / BROWN *\*<sup>th</sup> grade*

Skipping: 1 round – 1 minute  
 Shadow Sparring: 1 round – 1 minute  
 Exercises: 10x push ups, 10x squat jumps, 30s plank  
 As White/Purple plus:

- Shuffle forward – cross, hook, cross
- Front kick, side kick (both rear leg)
- Double side kick (front leg)
- Front leg side kick (body&head)
- Padwork with examiner – Jab, cross, side cover x2.

### WHITE / GREEN *4<sup>th</sup> grade*

Skipping: 1 round – 1 minute  
 Shadow Sparring: 1 round – 1 minute  
 Exercises: 10x push ups, 10x squat jumps, 30s plank  
 As White/Orange plus:

- Jab, cross, uppercut
- Jab, cross, front kick (place back)

### WHITE / BLACK *8<sup>th</sup> grade*

Skipping: 1 round – 1 minute  
 Shadow Sparring: 1 round – 1 minute  
 Exercises: 10x push ups, 10x squat jumps, 30s plank  
 As White/Brown plus:

- Shuffle forward – single backfist
- Spinning kick (rear leg)
- Axe kick (front leg)
- Padwork with examiner – jab, cross, hook, roll
- Board break

# COMPLETION OF DRAGONS BELTS

PROGRESSION TO JUNIORS CLASSES - WORKING TOWARD THE RED BELT