Dragon Requirements

Dragon Brown Sash 1st Degree Test

Techniques	Single Knee Jump Double Toe Jump	Roundhouse Kick Cartwheel	Double Leg Takedown Half Guard Scissor Sweep
Discipline	Seated Meditation (2:00)		
Flexibility & Balance	Child's Pose		
Fitness	Barrel Rolls (being spotted by instructor)		
Safety	Review Name, Address, Phone, & 9-1-1	Stranger Identification (See Below)	**Standing** Rear Choke Escape *Scream: Help you're not my mom/dad- This person is trying to take me- Run away*

Testing Questions:

1. Review name, address, phone number, and 9-1-1?

Stranger Identification:

1. If someone says they're going to hurt you or a family member/pet what should you do?
ANSWER: Tell on them. They're lying. An adult should never ask a child to keep a secret.

2. If something makes you feel scared, what should you do?
ANSWER: Trust your feelings and get away. Tell a parent or trusted adult.