# Dragon Requirements

## Dragon Brown Sash 2nd Degree Test

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|---|---|---|---|
| **Techniques** | Alternating Knee Jump<br>Front/Back Sweeps | Hook Stance<br>T Stance | Grappling and Full Contact Sparring |
| **Discipline** | Sijye (Sister) | | |
| **Flexibility & Balance** | Downward Dog | Triangle Pose | Plank Pose |
| **Fitness** | Crunches (10x) | | |
| **Safety** | Review Name, Address, Phone, & 9-1-1 | Stranger Identification (See Below) | Quick Get Up |

### Testing Questions:

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

### Stranger Identification:

**1. Before you go anywhere alone, what should you do?**
ANSWER: Check first with your parents or adult in charge.

**2. If you see the same man/woman in the park everyday, is that person someone you can trust?**
ANSWER: No.

**3. What should you do if you see someone hurt on the sidewalk?**
ANSWER: Get away quickly and tell a parent or trusted adult.