Dragon Requirements

Dragon Brown Sash 3rd Degree Test

Techniques	Cross Palm Tiger Strike Leopard Strike Crane Strike	Spinning Backfist Footwork Cat Stance	Hip Lift/ Knee Push
Discipline	Discipline (Stick to the plan)		
Flexibility & Balance	Cobra Pose		
Fitness	Crunches (20x)	Push-ups (5x)	
Safety	Review Name, Address, Phone, & 9-1-1	Stranger Identification (See Below)	

Testing Questions:

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

Stranger Identification:

1. What should you do to stay safe outside?
ANSWER: Take a friend; stay with a group; don't go alone.

2. If you are home alone, what can you do to stay safe?
ANSWER: Keep doors locked. Don't open the door for anyone. Don't tell anyone you're home alone. Call 9-1-1 in an emergency.