Dragon Requirements

Dragon Gold Sash Test

Techniques	½ Horse Stance Broken Arrow Stance Double Knee Jump Arch Jump	Duck Side Kick Backfist Palm Strike (1-2)	Back Mount Backward Roll Sprawl Hip Escape Shots (Single Leg)
Discipline	Seated Meditation (2:00)	Confidence (Believe in yourself)	
Flexibility & Balance	Airplane Pose	Willows Dancing in the Breeze	
Fitness	Hold Crane Stance for 5 Seconds		
Safety	Home Telephone Number	Stranger Identification (See Below)	Shrimp & Kick Drill

Testing Questions:

1. What is your home telephone number?

Stranger Identification:

1. When might you need to speak to a stranger?
ANSWER: If you are lost or need emergency help (police officer, store cashier, crossing guard.)

2. If you get lost in a store, what should you do?
ANSWER: Stay where you are and ask for help from a store worker/cashier or security guard. Never leave the store. Your mom/dad won't know where to find you.