Dragon Requirements

Dragon Orange Sash Test

Techniques	Forward Roll Horse Stance Bow Stance	Hands on Guard Back Kick Hook/Uppercut (3-4) Closed Hand Blocks	Breakfall (from frog position) Side Mount Duck Under Takedown Closed/Open Guard
Discipline	Standing Rest Position	Sifu (Master/Father)	
Flexibility & Balance	Tree Pose		
Fitness	Bear Crawl	Crab Walk	Duck Walk Monkey Walk
Safety	9-1-1 in case of emergency	Stranger Identification (See Below)	Wrist Grab/Escape *Scream: Help you're not my mom/dad- This person is trying to take me- Run away*

Testing Questions:

1. What number do you dial in case of an emergency?
ANSWER: 9-1-1

Stranger Identification:

1. What are some tricks that a "stranger" may play to get close to you?
ANSWER: *I'm lost, can you help me? Your parents are hurt, they sent me to get you. I know you, you're (child's name). Can you help me find my puppy/kitten? Help, I'm hurt.*

2. What should you do if a "stranger" talks to you, or asks you for directions or help?
ANSWER: Turn around and run away. Try to run in the opposite direction of their car. Don't go near them or their car.