Dragon Requirements

Dragon White Sash Test

Techniques	Fighting Stance Jump Switch Jab/Cross (1-2)	High Cover Front Kick	Top Mount Hip Lift Raptor (Army Crawl) Scorpion
Discipline	Bow (Right Fist, Left Hand)	Seated Rest (Seated Meditation)	
Flexibility & Balance	Crane Stance	Seated Butterfly Stretch	
Fitness	Crab Position		
Safety	Full Name and Address	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 is your name and address?

Stranger Identification:

1. Who is a stranger?

ANSWER: A non-trusted adult.

2. If someone tries to take you away, what should you do?

ANSWER: Kick, bite, scream and run away quickly. Yell: "Help you're not my mom/dad" or "This person is trying to take me." Go into a store and tell them someone is trying to take you.

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.

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.

Dragon Requirements

Dragon Brown Sash 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.

Dragon Requirements

Dragon Brown Sash 2nd Degree Test

Techniques	Alternating Knee Jump Front/Back Sweeps	Hook Stance 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.

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.