

# Lil Dragons Requirements

<b>Stance</b>	<b>FORWARD STANCE</b>
<b>Block</b>	Down Knife Hand Block
<b>Kick</b>	Round Kick (# 8 FA)
<b>Strike</b>	Ridge Hand (#5 FA)
<b>Life Skill</b>	Confidence: Every day in every way I'm getting better and better and better
<b>Safety</b>	Name, Parents Names, Phone #, Address
<b>Defense</b>	Defense: Bump step back, Down Knife Block, R reverse w KIAI ATTACK: Fighting Stance, #8 FA w KIAI, Fighting Stance
<b>Important Quiz and Test Dates</b>	
<b>January 15-16</b>	<b>Confidence quote, forward stance, round kick</b>
<b>February 12-13</b>	<b>Safety info, down knife block, ridge hand</b>
<b>March 9-10</b>	<b>Defense</b>
<b>White Stripe</b>	<b>Physical Assessment</b>
	5 push ups, 5 sit ups, 10 second side kick hold
<b>DOJO CLOSED</b>	
<b>March 18, 2020</b>	<b>Lil Dragons Testing @ Dojo</b>

<b>Date</b>	<b>Drill</b>	<b>New Material</b>
1/2	Proper PUNCH	Forward Stance
1/6-7	Udiach Back	Confidence Quote
1/8-9	FA #1 w/ KIAI	Round Kick position
1/13-14	Hop on one foot, switch	Forward stance & round kick
<b>January 15-16</b>	<b>Physical Evaluation</b>	<b>Confidence quote, forward stance, Side Kick</b>
1/20-21	Block #1 FA	Round Kick extension and retraction
1/22-23	Dodge Right	Safety info
1/27-28	Hop on one foot, switch	Ridge Hand
1/29-30	Lunges	Ridge Hand
2/3-4	Safety Info	Dodge right, Down knife hand block
2/5-6	Round Kick	Safety Info
2/10-11	Block #2 & #5 FA	Ridge Hand
<b>Febuary 12-13</b>	<b>Physical Evaluation</b>	<b>Safety info, down knife block, ridge hand</b>
2/17-18	Push ups	Confidence quote - koan, etc at mat chat
2/19-20	Recovery Drills	Attack portion of Defense
2/24-25	Bump Step	Defense portion
2/26-27	partner work block/strike	Partner work of Attack and Defense
3/2-3	partner work block/strike	Sparring
3/4-5	Safety Info	Sparring
<b>3/9-10</b>	<b>Physical Evaluation</b>	<b>Defense Drill</b>
3/11-12	Push Ups	Test Review
3/16-17	Sit Ups	Test Review
March 18, 2020	Lil Dragon Test	

