



# **International Black Belt Academy**

## **Lil' Dragons**

### **Crane Cycle**

#### **Stances**

Attention  
Horse Stance  
Guarding Stance (Neutral Bow)  
Crane Stance

#### **Punches**

Back Fist  
Reverse punch  
Middle Punch  
High Punch  
Low Punch  
Karate Chop

#### **Combinations**

Lion Movement (Back Fist, Reverse Punch)

#### **Sets**

Power Set- middle punch, high punch, low punch  
Dragon Set

#### **Kenpo Rules**

##### **Do:**

Do be a friend.  
Do use your good manners.

##### **Don't:**

Don't be a bully.  
Don't show off your Karate.

#### **Character Development**

Put things back where they belong.  
Avoid dangerous situations.



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## **Lil' Dragons**

### **Power Set**

Attention Stance: Indicate set "Power Set #1"

Horse Stance (left leg first)

Elbows back, right middle punch, left middle punch

Elbows back, right high punch, left high punch

Elbows back, right low punch, left low punch

Attention Stance: right front kick, left front kick

Attention Stance: BOW "Thank you, Judges"

### **Dragon Set**

Attention Stance: Indicate set "Dragon Set #1)

Horse Stance (left leg first)

Dragon Growl to the right, Dragon Growl to the left, Dragon Growl to the center

Elbows back, right upward block, left upward block

Elbows back, right middle punch, left middle punch

Attention Stance: right crane kick, left crane kick

Attention Stance: BOW "Thank you, Judges"

***Theme: Good Manners***

***Word: Respect***