



International Black Belt Academy

Lil' Dragons Dragon 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

Cobra Movement (Back Fist, Reverse Punch, Front Leg Front Kick)

Sets

Kicking Set
Dragon Set

Kenpo Rules

Do:

Do pick up your toys or room.
Do put things back where they belong.

Don't:

Don't touch the mirrors.
Don't dump sand out of shoes onto floor.

Character Development

Yes Sir, No Sir
Yes Ma'am, No Ma'am



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Blocking Set

Attention Stance: Indicate set "Blocking Set #1"

Horse Stance (left leg first)

Right upward block

Right inward block

Right outward block

Left upward block

Left inward block

Left outward block

Double upward block

Double inward block

Double outward block

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 steps)

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:

Character Word:

Next Testing Date: