



Adult 1st Degree – Dragon Cycle

Technique Work:

Unfurling Crane

Review Punches:

L1 Attacking Mace
L3 Flashing Mace

A Left Step Thru And Then a Right Round Punch

L2 Leaping Crane
PB Cross of Death

Grasping Eagles

Review Grabs:

L1 Mace of Aggression
L3 Crossed Twigs

*A Rear Left Grab Of The Right Shoulder
And A Right Punch From the Front*

L2 Twirling Wings
PB Falling Falcon

Capturing the Rod

Right Front Gun Attack

Glancing Lance

Right Midsection Knife Thrust

Extensions: Yellow to Purple:

Mace of Aggression Extension

Two Handed Lapel Grab

Alternating Mace Extension

Review Pushes:

L1 Alternating Mace
L3 Fatal Cross

Two Handed Low Push

L2 Hooking Wings
PB Broken Ram

Attacking Mace Extension

Right Step thru Punch

Extensions: Blue to Brown:

Thrusting Salute Extension

Review Kicks:

L1 Thrusting Salute (L)
L3 Rotating Destruction

Left Step Thru Front Kick

L2 Swinging Pendulum
PB Protective fans

Captured Twigs Extension

Review Hugs & Holds:

L1 Captured Twigs
L3 Gift of Destiny

Rear Bear Hug Arms Pinned

L2 Crushing Hammer
PB Reversing Circles

The Grasp Extension

Review Chokes and Locks:

L1 The Grasp
L3 Destructive Twins

Right Head Lock

L2 Circling Wing
PB Thrust into Darkness

Checking the Storm (R) Extension

Review Clubs:

L1 Checking the Storm (R)
L3 Securing the Storm

Right Overhead Club Attack

L2 Calming the Storm
PB Destructive fans

Kata: Yellow to Purple: Traditional Long 4 Blue to Brown: Staff Set Bo Kata

All Review: Short 1 thru Long 3

Sets: Dragon Series Bo Strikes & Defense

Flow Drill: Lock Flow 2

Stick Work: Counters off a 4 Line