

# DRAGON REQUIREMENTS

	Yellow	Blue	Green
Ippon(s)	1 – 2	3 – 4	5
Taezu(s)	0	0	0
Kata	3 Punch Kata	Tai (I,II,III)	Taikyoku (I,II,III)
Stance(s)	Formal, Informal Ready, Horse, Front	All	Sumo
Punch(s)	Lead & Reverse Corkscrew	Vertical Uppercut	Hook
Block(s)	Low, High	Push/Palm	Middle
Kick(s)	Front, Back	Same	Round
Animal(s)	5 Fists	All	All
Kogeki(s)	1	2	3 – 4
Self Defense	1	2	3
Ukemi	5 B's Front/Back (Falls)	Front Roll	Back Roll

