

LITTLE DRAGON CURRICULUM

(Achievements MUST BE done in order. A minimum requirement of 10 classes and 2 months must occur before the student is eligible for each test.)

Yellow Stripe

1. **What is your name?** Sir/Ma'am, my name is Joe Smith.
2. **Why do you bow?** Sir/Ma'am, I bow to show respect!
3. **Stance**
4. **Perform Covers right and left**
5. **Palm strikes**
6. **Front Kicks**

Orange Stripe

1. **What are your parents' names?** Sir/Ma'am, my parents' names are John and Jill Smith.
2. **What is your phone number?** Sir/Ma'am, my phone number is (xxx) xxx-xxxx.
3. **Back Breakfall**
4. **Jiu-jitsu Standup**
5. **Base battle**

Green Stripe

1. **What is the phone number for emergencies?** Sir/Ma'am, the emergency number is 911.
2. **What is an emergency?** Sir/Ma'am, an emergency is when someone is injured and I cannot find an adult for help.
3. **Rear Choke Defense**
4. **Rear Bear Hug Defense**
5. **Mount Bottom - Bully Choke Defense**

Blue Stripe

1. **Which side is your left?** Sir/Ma'am, this is my left hand and this is my left foot.
2. **Which side is your right?** Sir/Ma'am this is my right hand and this is my right foot.
3. **Double Leg Takedown**
4. **Guard Posture**
5. **Mount Bottom - Hook & Push Escape**

Purple Stripe

1. **What are three very important words?** Sir/Ma'am, three very important words are please, thank you, and I'm sorry.
2. **What Does "Respect" mean?** Sir/Ma'am, to treat others how I want to be treated.
3. **Single Leg Takedown**
4. **Climb Tree to Mount**
5. **Mount Top - Swim, Swim, Spider, Spider**

Brown Stripe

1. **What is your address?** Sir/Ma'am, my address is 123 Main St. Mansfield, OH.
2. **What is your birthday?** Sir/Ma'am, my birthday is January 1, 2004.
3. **Osotogari**
4. **Bull Pass**
5. **Back Turtle to Guard**

6. Guard Bottom Sleeve Control

Black Stripe

1. **What should you do if you catch on fire?** Sir/Ma'am, I will stop, drop, and roll until the fire is out.
2. **Sprawl against a tackle- Do not let them get your legs**
3. **Sprawl to the Back Pack**
4. **Demonstrate the holding the back with "Hooks."**
5. **Mount - Elbow Escape**

Camo Stripe

1. **What should you always do before crossing a road?** Sir/Ma'am, I must always look both ways twice before crossing.
2. **Kubinage**
3. **Guard Monster to Hip Pop**
4. **Guard Top - Bear Crawl Pass**
5. **Crossbody to Mount**

Red Stripe

1. **Who is a stranger?** Sir/Ma'am, a stranger is someone I do not know.
2. **What does a stranger look like?** Sir/Ma'am, a stranger can look like anyone as long as I do not know them.
3. **What should you do when approached by a stranger?** Sir/Ma'am, I should keep a safe distance and keep my eyes on them.
4. **What is a safe distance?** Sir/Ma'am, it is a distance at which the stranger cannot grab me or jump and grab me.
5. **Perform the "Brat Drill."**

Academic Excellence Patch

1. **Stand at "Attention" for 2 minutes.** Pretend you are a rock!
2. **Count 1-10 in English.** Sir/Ma'am, (one, two, three, four, five, six, seven, eight, nine, ten).
3. **Count 1-10 in Japanese.** Sir/Ma'am, (itchy, knee, san, chi, go, rowku, seechi, hachi, ku, ju).
4. **Count 1-10 in Portuguese.** Sir/Ma'am, (oohm, doy, trace, quatro, sinko, seys, setche, oytow, novee, days).

Little Dragon Graduate Test! - Please see an instructor for details prior to this test.

The White Belt with Black Stripe exam is the culminating test for Little Dragons. All Little Dragons must be able to tie their own belt to graduate. This final exam is only for students leaving Little Dragons and moving to the Kid Jitsu Beginner class. The testing fee is \$30 and includes test, belt, and certificate.