

Lil' Dragons Testing Requirements

<u>Rank</u>	<u>Stances</u>	<u>Hand Techniques</u>	<u>Leg Techniques</u>	<u>Breaking</u>	<u>Time</u>
<u>Yellow Belt</u> <u>(4th Rank)</u>	Attention Stance Ready Stance	Center Punch High Block	Front Stretch Kick Knee Strike	Not Required	2 Months
<u>Red Belt</u> <u>(3rd Rank)</u>	Horse Stance	Uppercut Inward block	Front Snap Kick	Not Required	2 Months
<u>Brown Belt</u> <u>(2nd Rank)</u>	Front Stance	Hammerfist Outward Block	Jump Front Snap Kick	Not Required	2 Months
<u>Brown/Black Belt</u> <u>(1st Rank)</u>	Crane Stance	Palm Strike Low block	Back Kick	Not Required	2 Months
<u>Lil' Dragons Black Belt</u>	All Previous Stances	Downward Knifehand Chop Inward Knifehand Chop	Jump Back Kick	1 Board	2 Months