

## **Junior Dragon 1 – White Belt / Purple Stripe** (Plus previous theory questions)

### **Grading Syllabus**

Sitting Stance Double Punch

Press ups

Walking Stance Front Punch

Walking Stance Rising Block

Walking Stance Low Block

Walking Stance High Block

Front Kick

L Stance Front Kick / Double Punch

Pad Work                      45 Degree Kick

4 Corner Block

Stranger Drills (No's 1 / 2 / 3)

### **Theory questions:**

What is Sitting Stance called ?

**Annun Sogi**

What is Rising Block called ?

**Chookyo Makgi**

What is Low Block in called ?

**Najunde Makgi**