

# Lil Dragon Beginner Skills Testing Chart

Skill	White belt	Yellow Stripe belt	Orange Stripe belt
Kicking	10 Front kicks in air, alternating legs	10 Front kicks on target, alternating legs	10 Front kicks on target alternating legs, while stepping down the mat
Punching	10 Straight punches in air alternating arms	10 Straight punches on target, alternating arms	10 Straight punches on target, alternating arms while stepping down the mat
Blocking	10 Low blocks in air alternating arms	10 Low blocks on target, alternating arms	10 Low blocks on target, alternating arms while stepping down the mat
Crawling	Bear crawls across the floor	Bear crawls over pads	Bear crawls weaving in and out of cones
Hopping	5 hops with both feet down floor	5 hops with both feet in rings	5 hops with both feet on obstacles
Rolling	Roll a ball down the floor	Roll a ball around an obstacle	Roll a ball backwards
Running	Running down the floor	Running around obstacles	Running weaving in and out of cones
Catching	Catch 5 balls thrown underhand 1 step away	Catch 5 balls thrown underhand 2 steps away	Catch 5 balls thrown underhand 3 steps away

## **Lil Dragon Beginner Skills Testing Chart**

<b>Skill</b>	<b>Green Stripe belt</b>	<b>Purple Stripe belt</b>	<b>Blue Stripe belt</b>
<b>Kicking</b>	<b>10 Crescent kicks in air, alternating legs</b>	<b>10 Crescent kicks on target, alternating legs</b>	<b>10 Crescent kicks on target alternating legs, while stepping down the mat</b>
<b>Punching</b>	<b>Punch 5 targets that are thrown from 1 step away</b>	<b>Punch 5 targets that are thrown from 2 steps away</b>	<b>Punch 5 targets that are thrown from 3 steps away</b>
<b>Blocking</b>	<b>10 Inner Forearm blocks in air alternating arms</b>	<b>10 Inner Forearm blocks on target, alternating arms</b>	<b>10 Inner Forearm on target, alternating arms while stepping down the mat</b>
<b>Form</b>	<b>First Half of Ki Bon (being told movements)</b>	<b>First Half of Ki Bon (being told movements)</b>	<b>First Half of Ki Bon (being told movements)</b>
<b>One-Step</b>	<b>First One-step (being told movements)</b>	<b>First One-step (being told movements)</b>	<b>First One-step (being told movements)</b>
<b>Balancing</b>	<b>Standing on one foot For 10 sec</b>	<b>Standing on one foot For 15 sec</b>	<b>Standing on one foot For 15 sec</b>
<b>Running</b>	<b>Shuttle runs picking up cones</b>	<b>Shuttle runs putting back cones</b>	<b>Shuttle runs picking up cones and putting back cones</b>
<b>Catching</b>	<b>Catch 5 balls thrown overhand 1 step away</b>	<b>Catch 5 balls thrown overhand 2 steps away</b>	<b>Catch 5 balls thrown overhand 3 steps away</b>

## **Lil Dragon Beginner Skills Testing Chart**

<b>Skill</b>	<b>Brown Stripe belt</b>	<b>Red Stripe belt</b>	<b>Black Stripe belt</b>
<b>Kicking</b>	<b>10 Side kicks in air, alternating legs</b>	<b>10 Side kicks on target, alternating legs</b>	<b>10 Front, Crescent, &amp; Side kicks on target, alternating legs</b>
<b>Punching</b>	<b>5 left and right punch combinations</b>	<b>10 left and right punch combinations</b>	<b>15 left and right punch combinations</b>
<b>Blocking</b>	<b>10 High blocks on target, alternating arms</b>	<b>10 High blocks, alternating arms while stepping down the mat</b>	<b>10 Low, Inner Forearm, and High blocks each, alternating arms while stepping down the mat</b>
<b>Form</b>	<b>First Half of Ki Bon (with assistance)</b>	<b>First Half of Ki Bon (with assistance)</b>	<b>First Half of Ki Bon (with no assistance)</b>
<b>One-Step</b>	<b>First One-step (with no assistance)</b>	<b>One-steps (1 &amp;2) (with assistance)</b>	<b>One-steps (1 &amp;2) (with no assistance)</b>
<b>Balancing</b>	<b>Standing on one foot For 20 sec</b>	<b>Standing on one foot For 20 sec</b>	<b>Standing on one foot For 20 sec</b>
<b>Running</b>	<b>And jumping over 1 obstacle</b>	<b>And jumping over 2 obstacles</b>	<b>And jumping over 3 obstacles</b>
<b>Catching</b>	<b>Catch 5 balls that are bounced</b>	<b>Catch 7 balls that are tossed</b>	<b>Catch 10 balls that are tossed</b>