



DRAGON **RED** FULL DRAGON

TIP TEST REQUIREMENTS

Name: _____

Do the activities on the list each month. Get an instructor to sign off on it. When the chart is done, *and you have enough training hours (24)*, you are ready to receive your Full Dragon Belt.

Red to Full Dragon Requirements

Requirement	Month 1	Month 2	Month 3
Choong Be Challenge (110 sec)			
Kee Ma Ja Seh Challenge (40 sec)			
Ki Cho Hyung Il Bu, following			
Basic 1-step 1			
Jumping Jacks (Lead 10 jumping jacks)			
Bean Bag Challenge (18 each leg)			
Side kick, up and downs			
Count to 29 in Korean, errors allowed			
Korean term: Kick			
Korean term: Block			
Korean term: Strike			

NOTES: