

Rising Dragon Sparring Curriculum

YELLOW Adult

Intro: 1-2 Step Sparring
Bridging – Stutter
Bridging – Long
4 Basic Punches
10 Matches

Yellow Junior

Intro: 1-2 Step Sparring
Bridging – Stutter
Bridging – Long
8 Matches

Yellow Children

Intro: 1-2 Step Sparring
Bridging – Stutter
6 Matches

Yellow Pee Wee

Intro: 1-2 Step Sparring
4 Matches

ORANGE Adult

Intro: Point Sparring
Speed – Target
Speed – Punch / Block
4 Basic Kicks
20 Matches

Orange Junior

4 Basic Punches
Intro: Point Sparring
Speed – Target
16 Matches

Orange Children

Bridging – Long/Ham F
4 Basic Punches
12 Matches

Yellow Star Pee Wee

Bridging -- Stutter
8 Matches

PURPLE Adult

Intro: Continuous Spar.
Power – Punch/Kick
Power -- Breaking (5 tech)
4 Basic Combinations
30 Matches

Purple Junior

Speed – Punch/Block
4 Basic Kicks
Intro: -- Continuous Spar
24 Matches

Purple Children

Intro: Point Sparring
Speed – Target
18 Matches

Orange Pee Wee

Bridging – Long/Hammer R.
12 Matches

BLUE Adult

Intro: Wrestle/Ground Sp
Feinting – Independent.
Feinting – Theory of 3
4 Basic Block – Strikes
40 Matches

Blue Junior

Power – Punch/Kick
Power – Breaking (5 Tech)
4 Basic Combinations
32 Matches

Blue Children

Speed – Punch/Block
4 Basic Kicks
24 Matches

Orange Star Pee Wee

4 Basic Punches
16 Matches

GREEN Adult

Intro: Elemental Spar
Wind – 8 Direction
Wind – Stalking Patterns
4 Kick Combinations
50 Matches

Green Junior

Intro: Wrestle/Ground Spar
Feinting – Independent
Feinting – Theory of Three
40 Matches

Green Little

Intro: Continuous Spar
Power – Punch/Kick
30 Matches

Purple Pee Wee

Intro: Point Sparring
20 Matches

BROWN Adult

Intro: Animal Sparring
Earth – Grab, Grab, Pun
Earth – Shin Kick
4 Advanced Techniques
60 Matches

Brown Junior

4 Basic Block – Strikes
Intro: Elemental Sparring
Wind – 8 Direction
48 Matches

Brown Little

Power – Breaking
4 Basic Combinations
36 Matches

Purple Star Pee Wee

Speed -- Target
24 Matches

GREY Adult

Intro: Demo Sparring
Water – 4 Step
Water --10 Step
4 Speciality Techniques
80 Matches

Grey Junior

Wind –Stalking Patterns
4 Kick Combinations
Intro: Animal Sparring
56 Matches

Grey Little

Intro: Wrestle/Ground Sp
Feinting – Independent
42 Matches

Blue Pee Wee

Speed – Block/Punch
28 Matches

BLACK Adult

Intro: Weapon Sparring
Fire – Street Sparring
Fire – Group Sparring
4 Unique Techniques
100 Matches

Black Junior

Earth – Grab, Grab, Punch
Earth – Shin Kick
4 Advanced Techniques
64 Matches

Grey Star Little

Feinting – Theory of 3
4 Basic Blocks – Strikes
48 Matches

Blue Star Pee Wee

4 Basic Kicks
32 Matches

Sparring

Point Fighting -- Basic Fours

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|----------------------|---|------------------------|
| <u>4 Basic Steps</u> | & | <u>4 Basic Punches</u> |
| 1. Stutter | | Ram's Head |
| 2. Long | | Back Knuckle |
| 3. Linear | | Inside Sparrow |
| 4. 45% Angle | | Hammer Fist |

4 Basic Kicks

1. Wheel Kick
2. Front Snap Kick
3. Side Heel Kick
4. Round House Kick

4 Basic Combinations

1. Back Knuckle – Reverse Punch
2. Inside Sparrow – Reverse Punch
3. Back Knuckle – Hammer
4. Kick - Punch

4 Block – Strike Combinatons

1. Inside Brush – Back Knuckle
2. Downward Brush - Hammerfist
3. Rolling Thunder – Hammerfist
4. 45% Evade, Block and Punch

4 Kick Combinations

1. Punch – Kick Combination
2. Double Wheel Kick
3. Inside Crescent – Side Heel
4. Front Snap – Wheel Kick

4 Advanced Techniques

1. Blind Spinning Techniques
2. Sweep - Strikes
3. Axe Kick
4. Chicken Kick

4 Specialty Attacks

1. 3 Gate Attack Aggression
2. Iron Horse Attack
3. Chicken Wheel - Sweep
4. Shark Attack (groin)