

Belt	1 st Stripe	2 nd Stripe	3 rd Stripe	<p><u>Note:</u></p> <p>As students progress all previous requirements need to be maintained and improved upon.</p> <p>A combination drill uses all learned stripes in different orders to give students a better idea of how they can be used for self defence.</p> <p>Please note that Little Dragon requirements are subject to changes, and are updated yearly.</p>
White	Dojo Positions 1-4	Listening Positions 1-5	Punching Drill	
Gold	Jodan Uke (high block) Uchi Uke (inside block)	Fumikomi Geri (stomp kick) Pad Drill	Kiba Dachi (iron horse stance) Combination Drill	
Orange	Soto Uke (outside block) Gedan Uke (low block)	Knee Strike Pad Drill Count to ten in Japanese	Zenkutsu Dachi (leaning forward stance) Combination Drill	
Purple	Shuto Uke (knife hand block) Palm Strike	Mae Geri (front kick) Pad Drill	Neko Ashi Dachi (cat stance) Combination Drill	
Blue	Elbow Strikes	Yoko Geri (side kick) Pad Drill	Kokutsu Dachi (back stance) Combination Drill	
Red	Kihon Uke (block form) Names of all blocks in both English and Japanese	Mawashi Geri (roundhouse kick) Pad Drill	Shiko Dachi Combination Drill	
Red/Black	Fighting Dragon Rises	Ushiro Geri (back kick) Names of all kicks in both English and Japanese	Combination Drill: Incorporating all previous stripes Count to Ten in Japanese	