







**ADVANCED DRAGONS (Green and Brown belt)**

- 1 - What are your feathers - **hair**
- 2 - What are your branches - **legs**
- 3 - What are your leaves - **fingers**
- 4 - A Fan is a - **parry**
- 5 - A Shield is a - **block**
- 6 - A Lance is a - **knife**
- 7 - A Rod is a - **gun**
- 8 - Shuffles go - **where needed**
- 9 - All advanced moves boil down to - **figure eights**
- 10 - Explain short, medium and long range weapons - **short (elbow) / medium (punches) / long (kicks)**
- 11 - What does "up the circle" mean? - **moving the rear leg up the clock**
- 12 - What technique is this in? - **Swinging Pendulum and Twin Kimono**
- 13 - Techniques are performed Q-A-I, explain - **Quick, Accurate and Intense**
- 14 - What is a Sempai? - **an advanced student (Brown Belts are Sempai)**

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