

  
**GENESIS**  
**Lil' Dragons**

www.genesis-ma.com



**Genesis Dragons Syllabus – White Belt**

*All techniques for White belt should be performed on the spot.*

**White belt/Yellow stripe**

Bow-Left palm/right fist  
Ready position  
Finish  
Left stance/right stance  
Jab  
Front kick-Leading leg/Back leg

**White belt/Red stripe**

As above  
Back- fist  
Roundhouse kick  
Outer block

**White belt/Black stripe**

Exercises- Press-ups, Sit ups, Squat jumps, Skipping  
As above  
Jab/reverse punch  
Sidekick  
Inner block  
Demonstrate Belt Tie up  
Combination work



  
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## Genesis Dragons Syllabus – Blue Belt

### **Blue Belt/White stripe**

Exercises- Press-ups, Sit ups, Squat jumps, Skipping  
Shuffle forward  
Turns- left/right  
Uppercut punches  
Hook kick-leading/back leg  
Upper block

### **Blue belt/Red stripe**

Exercises- Press-ups, Sit ups, Squat jumps, Skipping  
As above  
Hook punch  
Back kick

### **Blue belt/Black stripe**

Exercises- Press-ups, Sit ups, Squat jumps, Skipping  
As above  
Ridge hand  
Back kick  
Combination of blocks  
Combination of kicks and punches



**Next Grade: Orange Belt from Genesis Syllabus**