



Dragon School Basic One-Steps

Thunder

	Stance/Steps	Technique	Target
1	Ready stance		
2	Attacker prepares to attack		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block.	Right forearm
4		Right punch, chamber left fist. KIA	Solar Plexus
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



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Whirlwind

	Stance/Steps	Technique	Target
1	Ready stance		
2	Attacker prepares to attack		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left outside block. Chamber right knife-hand by right ear.	Right forearm
4		Right chop, chamber left fist. KIA	Neck
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife-hand block	
7	Move right foot back into ready stance		



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Launch

	Stance/Steps	Technique	Target
1	Ready stance		
2	Attacker prepares to attack.		
3	Fold with left hand down. Step forward into left front stance with your knee inside your attacker's knee.	Left up block.	Right forearm
4		Right palm thrust, chamber left fist. KIA	Chin
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife- hand block	
7	Move right foot back into ready stance		



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Lightning

	Stance/Steps	Technique	Target
1	Ready stance		
2	Attacker prepares to attack. Defender signals for middle punch.		
3	Fold with left hand up. Step forward into left front stance with your knee inside your attacker's knee.	Left down block.	Right forearm
4		Right ridge hand, chamber left fist. KIA	Temple
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife-hand block	
7	Move right foot back into ready stance		



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Sidewinder

	Stance/Steps	Technique	Target
1	Ready stance		
2	Attacker prepares to attack. Defender signals for middle punch.		
3	Inside-block fold with left hand by ear. Step diagonally into left straddle stance with your knee outside your attacker's knee.	Left inside block.	Right forearm
4		Right punch, chamber left fist. KIA	Floating ribs
6	Fold for right middle knife-hand block. Step back with left foot into right back stance.	Right middle knife-hand block	
7	Move right foot back into ready stance		