

# Skills - Dragons (7-9) | Intermediate Level

Version 4 | Updated as of 1/22/19

	Skill	Definition	Physical Standard	Video
1	Agility	<p>AGILITY means having the power to move quickly and easily.</p> <ol style="list-style-type: none"> <li>1. AGILITY in moving our bodies side to side</li> <li>2. AGILITY in moving our hips</li> <li>3. AGILITY in getting up off the ground</li> </ol>	<p><b>Grappling Mov't</b></p> <p>Whip, Jiu Jitsu lunge (linear), Jiu Jitsu lunge (arc), Bear - Ipsi- Toe Reach Flow 1 min each   Quality</p>	<a href="https://vimeo.com/307388171">https://vimeo.com/307388171</a>
2	Technique	<p>TECHNIQUE means to have quality in your movement.</p> <ol style="list-style-type: none"> <li>1. Progressive TECHNIQUE</li> <li>2. TECHNIQUE in good gripping and grip exchanges</li> <li>3. TECHNIQUE performed with precision and appropriate proximity</li> </ol>	<p><b>Armbar from Guard</b></p> <p>3x Slow - Quality   6x Fast - Spped</p>	<a href="https://vimeo.com/308981274">https://vimeo.com/308981274</a>
3	Courage	<p>COURAGE means to face your fears.</p> <ol style="list-style-type: none"> <li>1. COURAGE to be in uncomfortable positions</li> <li>2. COURAGE to feel someone else's pressure / weight on you</li> <li>3. COURAGE to protect yourself</li> </ol>	<p><b>Self-Defense: Counter to straight + round punches</b></p> <p>3x each - Quality</p>	<a href="https://vimeo.com/312614431">https://vimeo.com/312614431</a>
4	Flexibility	<p>FLEXIBILITY means to have sufficient range of motion.</p> <ol style="list-style-type: none"> <li>1. Passive FLEXIBILITY –using only your own weight, such as middle splits.</li> <li>2. Active FLEXIBILITY –maintain extended positions without any external support.</li> <li>3. Dynamic FLEXIBILITY –perform movements through its full range of motion.</li> </ol>	<p><b>Guard Bottom - Options</b></p> <p>Flower Sweep, Armbar, X Choke</p>	<a href="https://vimeo.com/312614431">https://vimeo.com/312614431</a>
5	Intensity	<p>INTENSITY means to have great frequency, pitch and magnitude.</p> <ol style="list-style-type: none"> <li>1. Have great focus – mentally focused on the steps of the move.</li> <li>2. Have great frequency – the amount of perfect reps that you can do.</li> <li>3. Have great magnitude – having great strength and energy in what you do.</li> </ol>	<p><b>Starts</b></p> <p>Take-downs and Guard Pulls for 90 sec</p>	<a href="https://vimeo.com/308983628">https://vimeo.com/308983628</a>
6	Perseverance	<p>PERSEVERANCE means to not give up your endurance, focus, or determination.</p> <ol style="list-style-type: none"> <li>1. Do not give up your endurance especially when you are tired.</li> <li>2. Do not lose focus under pressure and also when something is easy.</li> <li>3. Do not give up your determination especially when something gets difficult.</li> </ol>	<p><b>Warrior Kid Body</b></p> <p>90 sec of push-ups, lizard crawls, 8 count body builders</p>	<a href="https://vimeo.com/307373165">https://vimeo.com/307373165</a>
7	Speed	<p>SPEED means full, maximum, or optimum rate of motion.</p> <ol style="list-style-type: none"> <li>1. Technical SPEED – optimum quality of your movements while maintain a maximum rate of motion.</li> <li>2. Reactive SPEED – how quickly your brain can respond.</li> <li>3. Explosive SPEED – non-stop, maximum motion of your body.</li> </ol>	<p><b>Standing in Closed Guard and Open Legs</b></p> <p>6x in 1 minute</p>	<a href="https://vimeo.com/307380107">https://vimeo.com/307380107</a>
8	Concentration	<p>CONCENTRATION means to have exclusive attention to the task at hand.</p> <ol style="list-style-type: none"> <li>1. CONCENTRATION with body mechanics – this includes coordination, balance, and proper movement.</li> <li>2. CONCENTRATION with your mind – this includes your memory and focus.</li> <li>3. CONCENTRATION with peers – this includes working in groups and also working through distractions.</li> </ol>	<p><b>Guard Bottom to Back to RNC</b></p> <p>3x</p>	<a href="https://vimeo.com/308990551">https://vimeo.com/308990551</a>