

Green Belt

Written Material Review

- 1) What is the Chinese term for 4th Grade, Green Belt?
 - 2) What does the color represent to the Green Stylist?
 - 3) What is the "image" of the Green Belt Stylist?
 - 4) Within the full circle of development, what does the mystical Dragon represent?
 - 5) What is the dominant self-defense theory of the Dragon?
 - 6) What key distinction keeps the Dragon from consuming itself?
 - 7) What is Tan Tien?
 - 8) Briefly describe the Dragon Stance
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