

Skills - Dragons (7-9) | Beginner Level

Version 3

	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"> 1. AGILITY in moving our bodies side to side 2. AGILITY in moving our hips 3. AGILITY in getting up off the ground 	<p>Hip Escapes</p> <p>Vertical, Technical Stand, Horizontal 1 length down the mat / Quality</p>	https://vimeo.com/306089823
2	Technique	<p>TECHNIQUE means to have quality in your movement.</p> <ol style="list-style-type: none"> 1. Progressive TECHNIQUE 2. TECHNIQUE in good gripping and grip exchanges 3. TECHNIQUE performed with precision and appropriate proximity 	<p>Armbar from Technical Mount</p> <p>3x Slow - Quality 6x Fast - Speed</p>	https://vimeo.com/306092576
3	Courage	<p>COURAGE means to face your fears.</p> <ol style="list-style-type: none"> 1. COURAGE to be in uncomfortable positions 2. COURAGE to feel someone else's pressure / weight on you 3. COURAGE to protect yourself 	<p>Cross Sides Bottom (5x)</p> <p>Frames, Shoulders, Hip Escape, Recover Guard</p>	https://vimeo.com/306095002
4	Flexibility	<p>FLEXIBILITY means to have sufficient range of motion.</p> <ol style="list-style-type: none"> 1. Passive FLEXIBILITY –using only your own weight, such as middle splits. 2. Active FLEXIBILITY –maintain extended positions without any external support. 3. Dynamic FLEXIBILITY –perform movements through its full range of motion. 	<p>Ginastica Natural - Whip, Kick the Door, Around the World</p> <p>60 sec each</p>	https://vimeo.com/306181330
5	Intensity	<p>INTENSITY means to have great frequency, pitch and magnitude.</p> <ol style="list-style-type: none"> 1. Have great focus – mentally focused on the steps of the move. 2. Have great frequency – the amount of perfect reps that you can do. 3. Have great magnitude – having great strength and energy in what you do. 	<p>Penetration Step</p> <p>Stance, Elevation, Step, Knee, Step, to Run 3x Slow - Quality 6x Fast - Speed</p>	https://vimeo.com/306257483
6	Perseverance	<p>PERSEVERANCE means to not give up your endurance, focus, or determination.</p> <ol style="list-style-type: none"> 1. Do not give up your endurance especially when you are tired. 2. Do not lose focus under pressure and also when something is easy. 3. Do not give up your determination especially when something gets difficult. 	<p>Warrior Kid Body</p> <p>Push-ups (8), Squats (20), Situps (12), 8 Count Body Builders (8)</p>	https://vimeo.com/307373165
7	Speed	<p>SPEED means full, maximum, or optimum rate of motion.</p> <ol style="list-style-type: none"> 1. Technical SPEED – optimum quality of your movements while maintain a maximum rate of motion. 2. Reactive SPEED – how quickly your brain can respond. 3. Explosive SPEED – non-stop, maximum motion of your body. 	<p>Standing in Closed Guard and Open Legs</p> <p>4x in 1 minute</p>	https://vimeo.com/307380107
8	Concentration	<p>CONCENTRATION means to have exclusive attention to the task at hand.</p> <ol style="list-style-type: none"> 1. CONCENTRATION with body mechanics – this includes coordination, balance, and proper movement. 2. CONCENTRATION with your mind – this includes your memory and focus. 3. CONCENTRATION with peers – this includes working in groups and also working through distractions. 	<p>Chain Drill # 1 (Teamwork / Pair as a Team)</p> <p>3x completed in 90 sec</p>	https://vimeo.com/307382953