

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

Version 4 | Updated as of 1/22/19

	Skill	Definition	Physical Standard	Video
1	Agility	AGILITY means having the power to move quickly and easily. 1. AGILITY in moving our bodies side to side 2. AGILITY in moving our hips 3. AGILITY in getting up off the ground	Grappling Mov't  Whip, Jiu Jitsu lunge (linear), Jiu Jitsu lunge (arc), Bear - Ipsi- Toe Reach Flow 1 min each   Quality	<a href="https://vimeo.com/307388171">https://vimeo.com/307388171</a>
2	Technique	TECHNIQUE means to have quality in your movement. 1. Progressive TECHNIQUE 2. TECHNIQUE in good gripping and grip exchanges 3. TECHNIQUE performed with precision and appropriate proximity	Armbar from Guard  3x Slow - Quality   6x Fast - Sped	<a href="https://vimeo.com/308981274">https://vimeo.com/308981274</a>
3	Courage	COURAGE means to face your fears. 1. COURAGE to be in uncomfortable positions 2. COURAGE to feel someone else's pressure / weight on you 3. COURAGE to protect yourself	Self-Defense: Counter to straight + round punches  3x each - Quality	<a href="https://vimeo.com/312614431">https://vimeo.com/312614431</a>
4	Flexibility	FLEXIBILITY means to have sufficient range of motion. 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.	Guard Bottom - Options  Flower Sweep, Armbar, X Choke	<a href="https://vimeo.com/312614431">https://vimeo.com/312614431</a>
5	Intensity	INTENSITY means to have great frequency, pitch and magnitude. 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.	Starts  Take-downs and Guard Pulls for 90 sec	<a href="https://vimeo.com/308983628">https://vimeo.com/308983628</a>
6	Perseverance	PERSEVERANCE means to not give up your endurance, focus, or determination. 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.	Warrior Kid Body  90 sec of push-ups, lizard crawls, 8 count body builders	<a href="https://vimeo.com/307373165">https://vimeo.com/307373165</a>
7	Speed	SPEED means full, maximum, or optimum rate of motion. 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.	Standing in Closed Guard and Open Legs  6x in 1 minute	<a href="https://vimeo.com/307380107">https://vimeo.com/307380107</a>
8	Concentration	CONCENTRATION means to have exclusive attention to the task at hand. 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.	Guard Bottom to Back to RNC  3x	<a href="https://vimeo.com/308990551">https://vimeo.com/308990551</a>