

<b>LIL' DRAGONS Category: SELF-DEFENSE</b>	<b>Student:</b>		<b>Instructor:</b>		<b>Evaluation Week:</b>
<b>WRIST ESCAPE #1 (Belly Button Escape)</b>	General Idea, Enthusiasm	At least aiming for the belly button most of the time. Enthusiasm	Trying to remember to bend the elbow. Enthusiasm	Needs very little prompting to remember escape. Bends elbow. Enthusiasm	No prompting. Quick, smooth escape. Enthusiasm
<b>WRIST ESCAPE #2 (Over the Wrist Escape)</b>	General Idea, Enthusiasm	Trying to grab fingers and pull up at least most of the time. Enthusiasm	Not trying to grab your wrist while escaping. Enthusiasm	Pulls hand up quickly and escapes with little prompting. Enthusiasm	No prompting. Quick, smooth escape. Enthusiasm
<b>WRIST ESCAPE #3 (Two Hand Escape)</b>	General Idea, Enthusiasm	Remembering to aim for the belly button without too much prompting. Enthusiasm	Bending both elbows to enable escape. Enthusiasm	Very little prompting needed to perform double belly button escape. Enthusiasm	No prompting. Quick, smooth escape. Enthusiasm
<b>WRIST ESCAPE #4 (Dragging Grab Escape)</b>	General Idea, Enthusiasm	Trying to get away before going into Tug-of-War. Enthusiasm	Remembering to push, not pull. Enthusiasm	Very little prompting to remember to push and escape quickly. Enthusiasm	No prompting. Quick, smooth escape. Enthusiasm
<b>CROSS HAND GRAB #1</b>					
<b>CROSS HAND GRAB #2</b>					
<b>FIRE SAFETY (911, S.D.R., Smoke, Items)</b>	General Idea, Enthusiasm	Knows what the emergency number is and when to use it.	Knows what items are "off limits" because they start fires.	Knows how to "Stop-Drop-Roll" when on fire. Basics of Smoke Safety.	Smoke safety. Duck and crawl technique. Door touch Safety. Safe Spot.
<b>STRANGER SAFETY (Good vs. Bad, Lost?)</b>	General Idea, Enthusiasm	Knows that a stranger is someone they do not know.	Knows that there can be good strangers too as well as bad strangers.	Knows how to tell the difference between Good strangers and Bad.	Knows what to do if they ever get lost.
<b>MY INFORMATION (Phone #, Address, Parents)</b>	General Idea, Enthusiasm	Knows that Mom and Dad have other names.	Knows Mom & Dad's real names. Starts learning phone number.	Knows Phone number, begins to learn address.	Knows all personal Information.
<b>COOL DOWN (What, When, Why)</b>	General Idea, Enthusiasm	Knows that this is what you do when you are mad.	Begins to pick their cool downs and practice them.	Knows why we use a cool down.	Has alternate cool downs and does not have to try to remember them.
<b>HISTORY (Your Instructor &amp; their teacher)</b>	General Idea, Enthusiasm	Knows the name of their instructors.	Begins learning the names of their instructor's instructors.	Basically knows history of instructors.	Can name their instructors and their instructor's instructors.