

### Dragon Storm Karate Club

### Purple to Blue

**Techniques:**

1. Drop Shoulder Throw

2. Advanced Hip Throw

3. Backward Arm Twist A

4. Backward Arm Twist B

**Forms**

Hand Dance

**Requirements for Purple Belt 2-Bar**

**Techniques:**

1. Forward Roll Stop on Back

2. Foot Take Down while on Back

3. Head Lock **B**

4. Left Palm Push – Right Roundhouse Punch

5. Grab From Behind **A**

6. Grab From Behind **B**

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**Requirements for Blue Belt**

**Techniques:**

1. Left Hand Lapel Grab Right Round House

2. Grab your Right Shoulder From Behind and Throw a Right Roundhouse Punch

3. Full Nelson **B**

4. Front 2 Hand Choke **A**

5. Front 2 Hand Choke **B**

6. Left Kick to Stomach

**Forms**

Weapons Form One