### karatebg2Dragon Storm Karate Club

### Blue to Green

**Requirements for Blue Belt 1-Bar**

Punches

**Techniques:**

1. Rear 2 Hand Choke A

2. Rear 2 Hand Choke B

3. Right Reverse Punch

4. Right Roundhouse Punch

**Forms**

Finger Set

**Requirements for Blue Belt 2-Bar**

Review all Throws and Take Downs

 Yellow Belt 2-bar / Purple Belt 1-bar

**Techniques:**

1. Rear Over Arm Bear Hug

2. Left Hand Grabs Hair

3. Right Roundhouse Punch with Added Moves

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**Requirements for Green Belt**

**Techniques:**

1. Left Upper Cut to Ribs

2. Left Lung Punch

3. Leading Left – Left Hand Lapel Grab

4. Right Cross Arm Wrist Grab

5. Two hand Push to Chest

6. Right Kick to Stomach

**Forms**

Short Two