### karatebg2Dragon Storm Karate Club

##### Blue Belt

**Requirements for Blue Belt**

Special Skills:

Learning How To Fall

**Special Skills:**

1. Forward Roll

2. Right Shoulder Roll

3. Left Shoulder Roll

4. Forward Roll with NO Hands

5. Shoulder Roll with NO Hands

**Techniques:**

1. Left Kick to Stomach

2. Right Kick to Stomach

3. Left Palm Push - Right Roundhouse Punch

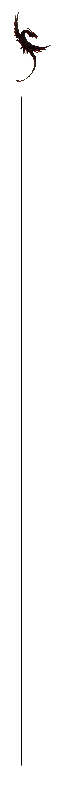
4. Left Hand Grabs Collar

5. Rear Two Hand Choke

6. Left Hand Hair Grab

7. Right Roundhouse Punch Added Moves

8. Right Arm Grab From Behind **A**



9. Right Arm Grab From Behind **B**

10. Backward Arm Twist **A**

11. Backward Arm Twist **B**

12. Drop Shoulder Throw

13. Shoulder Throw

14. Leg Trip

**Forms**

Hand Dance

Finger Set

Weapons Form 1 (Bo Staff)