### karatebg2Dragon Storm Karate Club

**Requirements for Green Belt 1-Bar**

**Techniques:**

1. Left Kick to Stomach

2. Right Kick to Stomach

3. Left Hand grabs your Collar **A**

4. Left Hand grabs your Collar **B**

5. Left Forward Punch

6. Left reverse Punch followed by a Right Roundhouse punch

**Forms**

Fu Jow

**Requirements for Green Belt 2-Bar**

**Techniques:**

1. Rear 2 Handed Choke

2. Right Lunge Punch

3. Leading right Upper cut to Ribs

4. Hammer Lock

**Forms**

Monkey Bo