

# EVOLUTION MARTIAL ARTS

## **WORKSHEET: BLACK STRIPE TO BLACK BELT**

### **A: ATTENDANCE**

1. Minimum 6 months from last test
2. Must participate in 2 sparring classes per month
3. Must participate in 10 BBLP Runs and PASS 3 out of 5 requirements

### **B: DEFENSIVE COMBINATIONS**

\*\*\* ALL DEFENSE AND EXPLOSIVE CHUMBI COMBINATIONS WHITE THROUGH BROWN

1. Triple Round/Back Front Kick/Switch Axe/Back Round/Turn Side/Punch
2. Back Round Kick/Back Round Kick/Triple Tornado Kick/Triple Spin Kick
3. Hook-Round-Side Kick/Back Round/Turn Hook-Round-Side/Flying Spin Hook Kick
4. Back Round/Tornado/Spin/Flying Spin/Tornado/Spin

### **C: FORMS**

1. All EVOLUTION MARTIAL ARTS Forms
2. Basic BO Form: Bo Kihon Shodan
3. Basic Nunchuka Form: Nunchuk Control

### **D: SPEED PAPER DRILLS**

\*\*\* ALL BASIC TECHNIQUES AND COMBINATIONS WHITE THROUGH BROWN

1. Flying Spin Kick/Tornado Kick/Spin Kick
2. Front Hook-Triple Round/Back Round/Jump Spin Hook Kick
3. Tornado Kick x 10
4. Spin/Switch Spin x 10

### **E: KICKING SHEILDS**

\*\*\* ALL BASIC AND ADVANCE PAD TECHNIQUES

### **F: \* ALL SELF DEFENSE TECHNIQUES WHITE THROUGH BLACK**

### **G: SPARRING**

MINIMUM 3 ROUNDS

### **H: BOARD BREAKING**

1. Front Kick

2. Side Kick
3. Forearm Strike
4. Knee Strike

**I: STUDENT CREED**

**“MIGHT FOR RIGHT”**