

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”