

EVOLUTION MARTIAL ARTS

WORKSHEET: BLUE TO RED

A: EXPLOSIVE CHUMBIS

1. Back Stance/Middle Knife Hand Block/Front Stance/
Double Punch/Palm Heel/Drop Elbow/Right High Chop/Side
Kick/Middle Knife Hand Block
Right left moves, feet together, 90 degrees to the right, right high chop, sidekick, re-chamber and set
down into back stance, middle knife hand block
2. Horse Stance/Low Cross Block/Feet Together/High Cross Block/Cat
Stance/Choke/Front Kick/Tornado Kick/Spin Kick/Knife hand Block
3. L. Back Stance/Middle Knife Hand Block/Front Stance/Punch/
Chop/Twist/Punch/Chop/Twist/Punch/Twist Front Punch-Open Hand
High Block

B: DEFENSIVE COMBINATIONS

1. Back Round Kick/Tornado Kick/Spin Kick/Punch
2. Front Side Kick/Back Fist-Punch-Ridge Hand/Spin Kick/Palm Heel
Strike
3. Front Triple Round/Back Fist/Punch/Back Round/Spin Hook Kick/
Punch

C: X-RAY PAPER DRILLS

1. Pop-Up Back Round Kick
2. Tornado Kick
3. Front Round/Back Round/Spin Kick

D: Form

1. **Blue Freedom**

E: SELF DEFENSE

1. Rear Arm Bar
Shift Elbow/Groin Grab/Step Away/Strike
2. Under Arm Bear Hug
Kick Back/ Drop Low/ Double Elbow/ Knock On Hands
3. Advanced Double Lapel
Step Back/lock arms/front elbow

F: BALANCE

1. 6 Count Round-Side Kick

G: STUDENT CREED

RIGHT HIGH CHOP: I am Dedicated to the Dreams and Goals that
Are most important to me.

“MIGHT FOR RIGHT”