IEVOLUTION MAJRITIAJL AJRITS

WORKSHEET: BLUE TO RED

A: EXPLOSIVE CHUMBIS

- 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"