

# EVOLUTION MARTIAL ARTS

## WORKSHEET: GOLD TO ORANGE

### **A: DEFENSIVE COMBINATIONS**

#### **1. Jump Front Kick/ Drop Punch**

Right knee up, jump and execute front kick with left foot. Drop right knee, execute right punch.

#### **2. Offensive Side Kick/ Twist Punch**

Left foot half step forward, right leg steps up and behind the left leg, execute side kick, right punch.

#### **3. Front Round Kick/Palm Heel Strike**

Chamber Left knee up and point at target, snap kick out and back using shoelace part of foot, set down and right palm heel strike.

### **B: EXPLOSIVE CHUMBI**

#### **1. Left Front Stance/Left Low Block/Left High Block/Right Punch**

#### **2. Back Stance/Middle Knife Hand Block/Front Kick/Double Punch**

Pinky touch chamber. Right foot steps straight back, right foot points 45 degrees, back leg bends a lot and front leg bends a little, both hands are open in a knife hand position, left forearm is at 45 degrees, right forearm is on stomach. Next: Cover, Back front kick into right front stance, Right punch, Left punch.

#### **3. Windmill/ Backstance/ Middle Knife Hand Block/ Front Stance/ Punch**

### **C: FORM (JOURNEY Part 2)**

From our last move look over your left shoulder, step with your right leg into a back stance and execute a middle knife hand block. Cover your right hand, do a back front kick with your right leg setting down into a front stance, right punch, then left reverse punch. Look over your right shoulder, step with your left leg into a back stance and execute a middle knife hand block. Cover your left hand, do a back front kick with your left leg setting down into a front stance, Left punch, then right reverse punch. Bring your feet together, step BACK into a back stance executing a windmill knife hand block. Step over into a front stance, single reverse punch.

**D: SELF DEFENSE**

**1. Head Lock**

Strike/grab arm/reach behind grab/stand up/hammer strike

**2. Bear Hug**

Stomp/elbow strike/break free/strike

**3. Double Lapel**

Kick/hammer/strike

**E: BALANCE**

**1. Three count front kick**

**F: STUDENT CREED**

**Chumbi Stance:**  
attitude.

I take responsibility for my actions and my

**“MIGHT FOR RIGHT”**