

EVOLUTION MARTIAL ARTS

WORKSHEET: GREEN TO PURPLE

A: EXPLOSIVE CHUMBI

1. L. Back Stance/Middle Knife Hand/Punch/Palm/Punch
2. L. Front Stance/Low Block/Inside-Out Block/Reverse Punch/Chamber/Turn 360/Horse Stance/Low Chop
3. L. Front Stance/Low Grab/Pull/Windmill/Back Stance/Middle Knife/Front Stance/Punch

B: DEFENSIVE STANCE

1. Front Round Kick/Offensive Front Round Kick/Punch
2. Front Hook-Round Kick/Offensive Side Kick/Palm Heel Strike
3. Front Side Kick/Turn Side Kick Punch

C: SPEED PAPER DRILLS

1. Round Kick/Ridge Hand
2. Hook Kick
3. Back Wheel Kick/Front Round Kick

D: FORM

1. Genesis

E: SELF DEFENSE

1. **Attacker:** Swinging Punch
Defender: Step forward/Single Middle Block/Arm Strike/Knee
2. **Attacker:** Straight Punch
Defender: Step Diagonal/Perri/Arm Strike

F: BALANCE

1. 4 Count Side Kick

G: STUDENT CREED

Cross Block: I will develop myself in a positive manner
And avoid anything that could harm my
Mental Growth or Physical Health.

“MIGHT FOR RIGHT”