

# 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”**