

EVOLUTION MARTIAL ARTS

WORKSHEET: PURPLE TO BLUE

A: EXPLOSIVE CHUMBI

1. Left Back Stance/ Low Cross Block/ High-Middle Knife/R. Front Stance/ Left Open Hand High Block-R. Chop
2. Right Back Stance/High-Low Grab/Jump 360/Back Stance/ Middle Knife/ Step/Front Stance/Low Grab/Pull/ Back Stance/Step/Front Stance/Left Push Down-Right Spear
3. Front Stance/Inside-out Block/Step/Horse Stance/Outside-in Block/Grab/Pull/Backfist

B: DEFENSIVE STANCE

1. Wheel Kick/Round Kick /Turn Side Kick/Drop Punch
2. Hook-Round-Sidekick/Back Fist/Punch/Back Round Kick/ Turn Hook Kick/Ridge Hand
3. Pop-Up Round Kick/Back Round Kick/Turn Side Kick/Palm Heel

C: SPEED PAPER DRILLS

1. Back Round Kick/Turn Hook Kick
2. Pop-Up Front Round Kick
3. Front Hook-Round Kick

D: FORM

1. **Chung Mu**

E: SELF DEFENSE

- 1. Attacker:** Back Front Kick/ Punch
Defender: Front Stance/Low Push Block/High Block/Reverse Punch
- 2. Attacker:** Swinging Punch
Defender: High Block/punch/GRAB/Step Through/Arm Bar/Front Kick
- 3. Attacker:** Back Round Kick
Defender: Scoop/Palm/Step Sweep

F: BALANCE

- 1. 3 Count Hook Kick**

G: STUDENTS CREED

I am (Defensive Stance) Focused.
I (Back fist) have (punch) Speed,
(Back front) Power and (Right Side Kick) Accuracy.
(Right Forearm Block) IYAA!

“MIGHT FOR RIGHT”