

EVOLUTION MARTIAL ARTS

WORKSHEET: RED TO BROWN

A: EXPLOSIVE CHUMBI

*****ALL PURPLE TO BLUE BELT COMBINATIONS**

1. R. Middle Knife hand block/front stance/triple punch/target/elbow strike/high chop/upper elbow strike.
2. Windmill/grab/pull/back stance/Front Stance/punch (IYAA)/drop side-hook-double round-side kick/L. Back stance/ middle knife hand block
3. Crane stance/High-Low Knife Hand Block/Back stance/inside-out block/Front Stance/punch/palm/chop

B: DEFENSIVE COMBINATIONS

*****ALL PURPLE TO BLUE BELT COMBINATIONS**

1. Front hook-round-side kick/back round/tornado/jump spin/drop spin sweep/hammer fist
2. SCREW Kick / Double Punch/ Back Axe Kick/ Punch
3. Front Triple Round/ Back Round/ Turn Hook-Round Kick/ Drop Punch

C: SPEED PAPER DRILLS

1. Double Spin Kick
2. Back Round Kick/ Tornado Kick/ Spin Kick
3. Jump Spin
4. Front Hook-Double Round/ Back Wheel Kick/ Spin Kick

D: KICKING SHIELDS

1. Defensive Side Kick
2. Turn-Side Kick
3. Jump Turn Side Kick
4. Power Back Round Kick

E: FORMS

1. **Chung Mu**
2. **Red Fire**

F: BALANCE

1. **7 Count Hook/ Round/Side Kick**

G: SELF DEFENSE

1. Advanced Single Lapel
Punch/Grab/Knee Strike/Step/Takedown
2. Advanced Swinging Punch
High block/Punch/Grab Arm/Round-side Kick/Swing arm Strike
3. Advanced Straight Punch
Perry/Shuffle/Check/Elbow Strike/Grab/Front Leg Chop

H: STUDENT CREED

Turn right chop, Drop I am excited about
my
 Left Chop, punch IYAA! Future; and
will always enjoy

Improving myself as a

Martial Artist and as a person

“MIGHT FOR RIGHT”