

EVOLUTION MARTIAL ARTS

WORKSHEET: WHITE TO GOLD

CHUMBI

From attention stance, left foot steps out, feet one shoulder width apart, tight fists in front of your stomach, elbows slightly bent, and eyes straight ahead with good concentration.

A: STAR BLOCK (Basic Block Combination)

Up, in, out, touch, down, scoop, open hand push down.

B: DEFENSIVE COMBINATIONS

One leg back one shoulder length, both hands cheek level with elbows in.

1. Back Fist/Back Leg Front Kick

Left elbow points at target, fist snaps out and back, right knee up and right foot snaps out and back. Yell on last strike.

2. Front Leg Side Kick/ Twisting Punch

Start with pivoting back heel toward target, chamber left leg, point left heel at target, lock left leg out, re-chamber leg and set down. In defensive stance, right twist punch out and back.

3. Back Leg Wheel Kick/Palm Heel Strike

Point back shoulder toward target, right leg moves forward in a circular motion left to right and returns to starting position. In defensive stance, right palm heel strike out and back

C: EXPLOSIVE CHUMBI (Always exploding forward, left leg first)

1. Left Front Stance/Left High Block/Right Punch

2. Left Front Stance/Double Middle Block/Right Front Kick/ Defensive Stance

3. Left Front Stance/Left Low Block/ Right Palm Heel Strike

D: FORM (Journey Part 1)

1. Attention/BOW

2. Chumbi

3. STEP ONE:

Left front stance, left low block.

4. STEP TWO:

Step forward with right leg front stance, protect with arms, right high block.

5. STEP THREE:

Drop right hand over left, step forward with left leg into left front stance, execute a left punch and a right drop punch.

6. Return to Chumbi

7. Attention/BOW

E: SELF DEFENCE

1. Rear Choke

Protect/Step/turn/Block/Strike

2. Wrist Grab

Release/Back Fist/Front Kick

3. Cross Wrist Grab

Kick/circle arm/Strike

F: STUDENT CREED

ATTENTION: I have Self Discipline

G: EVOLUTION MARTIAL ARTS SALUTE

X Block

Horse Stance, High Double Chop

Left Front Stance, Left High Block/ Right Chop

Step Up Feet Together, Energy Grab, Jump Right Punch- IYAA!!

“Might for Right”