

EVOLUTION MARTIAL ARTS

WORKSHEET:

BLACK BELT

1ST DEGREE TO 2ND DEGREE

A: ATTENDANCE

1. Minimum 2 year Attendance
2. Assist 2 Classes Per Week

B: Evolution Martial Arts Combinations

1. Jab/Reverse Punch/F. Hook/B. Elbow/F. Uppercut/B. Uppercut/
Axe Kick/Roll/Punch/Jump Front Kick/Turn side Kick/B. Punch
2. Hook-Round-Hook-Round-Side/Screw Kick/Back Fist/Punch/Ridge/
Spin Wheel/ Spin Hook/Switch/Spin Hook/Pop Up Back Front
Kick/Jump Front Kick/B. Punch
3. Reverse Flying Spin Kick/Bicycle Tornado Kick x 2/Step Jump Spin Kick/
See Saw Spin Hook
4. Creative Combination x 2 (minimum 5 moves)

C: FORMS

1. All Evolution Martial Arts Forms - White through Black
2. Bo Kihon Shodan - Bo Kihon Nidan
3. Nunchaku Control- Nunchaku Kihon Shodan
4. Kama
5. Creative Form

D: SELF DEFENSE

1. All Evolution Martial Arts Self Defense
2. Nunchaku vs. Empty Hand 1-5
3. Bo vs. empty HAND 1-5
4. Bo vs. Bo 1-5
5. Escrima Striking Set
6. Escrima vs. Escrima 1-5
7. Knife vs. Knife 1-5

E: GRAPPLING

1. Take Downs x 3
2. Positions x 5
Base - Mount - Guard - Side Mount - Side Control
3. Reversals
4. One Arm Lock From Each Position
5. One Choke From Each Position

F: BREAKING

1. Single Board w/Arm
2. Single Board W/Kick
3. Double Board

“MIGHT FOR RIGHT”