

EVOLUTION MARTIAL ARTS

WORKSHEET: ORANGE TO GREEN

A: DEFENSIVE COMBINATION

1. Back Front kick/Back Round Kick/ Twist Punch

Start with a right leg front kick, set down in front, left round kick and set down in front, twist punch

2. Back Round Kick/Turn Side Kick/ Twist Punch

Start with a right round kick and set down in front, point right heel at target, turn and look over left shoulder, execute left side kick, set in front and twist punch

3. Front Double Round Kick/Back Fist/Palm Heel Strike

B: EXPLOSIVE CHUMBI

1. Left Front Stance/ Low Cross Block/ Left High Block/ Right Reverse Punch

2. Step Forward/Back Stance/ Low Chop/Front Stance/Palm Heel Strike

3. Ready Position X-Block/Back Stance/Middle Knife Hand Block/Front Stance/Right Punch/Left Punch/ Right Drop Punch

C: FORM (JOURNEY Part 3)

From our last move: left foot returns, feet together, chamber and left forearm block (feet do not move), Left sidekick set down in back stance, low chop, step over with the left foot to front stance, right Palm heel strike, left foot back with feet together, right forearm block (feet do not move) right sidekick and set down into back stance, low chop, step over with right foot to front stance, left palm heel strike, right foot returns, feet together, turn 90 degrees to the left, middle double knife hand cross block, step back with right foot into back stance knife hand block, step over with left foot into front stance, double punch, drop punch.

D: SELF DEFENSE

1. Shoulder Grab:

Block/Low Side Kick/Low Chop/Palm Heel/Knee strike

2. Single Lapel Grab:

Low Kick/Hammer/Popping Punch/ Strike

3. Double Wrist Grab:

Circle Release/clap ears/Knee Strike

E: BALANCE

1. 3 Count Round Kick

F: STUDENT CREED

RELAXED STANCE: I will use what I learn in class constructively and defensively; and never be abusive or offensive

“MIGHT FOR RIGHT”