

# 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”**