IEVOLUTION MARTILAL ARTS

WORKSHEET: PURPLE TO BLUE

A: EXPLOSIVE CHUMBI

- 1. Left Back Stance/ Low Cross Block/ High-Middle Knife/R. Front Stance/ Left Open Hand High Block-R. Chop
- 2. Right Back Stance/High-Low Grab/Jump 360/Back Stance/Middle Knife/ Step/Front Stance/Low Grab/Pull/Back Stance/Step/Front Stance/Left Push Down-Right Spear
- 3. Front Stance/Inside-out Block/Step/Horse Stance/Outside-in Block/Grab/Pull/Backfist

B: DEFENSIVE STANCE

- 1. Wheel Kick/Round Kick /Turn Side Kick/Drop Punch
- 2. Hook-Round-Sidekick/Back Fist/Punch/Back Round Kick/Turn Hook Kick/Ridge Hand
- 3. Pop-Up Round Kick/Back Round Kick/Turn Side Kick/Palm Heel

C: SPEED PAPER DRILLS

- 1. Back Round Kick/Turn Hook Kick
- 2. Pop-Up Front Round Kick
- 3. Front Hook-Round Kick

D: FORM

1. Chung Mu

E: SELF DEFENSE

1. Attacker: Back Front Kick/ Punch

Defender: Front Stance/Low Push Block/High Block/Reverse Punch

2. Attacker: Swinging Punch

Defender: High Block/punch/GRAB/Step Through/Arm Bar/Front

Kick

3. Attacker: Back Round Kick

Defender: Scoop/Palm/Step Sweep

F: BALANCE

1. 3 Count Hook Kick

G: STUDENTS CREED

I am (Defensive Stance) Focused. I (Back fist) have (punch) Speed, (Back front) Power and (Right Side Kick) Accuracy. (Right Forearm Block) IYAA!

"MIGHT FOR RIGHT"