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Komodo Dragon Evolution Exercise Program

1. Knee Hugs
2. Quad Stretch Step
3. Hip Out
4. Hip In
5. High Kicks
6. 2-legged dog, touch opposite hand than leg that is raised
7. Lunge Twist
8. Dekok Sweep
9. Cross Crawl High Knees
10. Dragon#1- Push Pull, Horse, Front, Simpir Stances
11. Dragon#2- Side lunge, Horse squat, Front Sweep (alternate legs)
12. Dragon#3- Side lunge, Horse squat, Back Sweep (alternate legs)
13. Dragon#4- Push-up, cross 1 leg under, Geko step (both sides)
14. Fall Drill: Front roll, back fall, side fall L, side fall R, back roll, forward plank, geko step both sides (common open lizard)
15. Wall Push Off: One arm offset shoulder incline shoulder push off (both sides)
16. Inside to Outside crescent kick (both legs)
17. Outside to Inside crescent kick (both legs)
18. Ground stepping #1 with Tangkis Kipas (block check/fan) ground front
19. Ground stepping #2 with Tangkis Kipas (block check/fan) Pepateh (45* lunge step)
20. Ground stepping #3 with Tangkis Kipas (block check/fan) Ankles together on knees
21. Dragon Combo #1 Round kick opposite low sweep
22. Dragon Combo #2 Round Kick same direction sweep
23. Dragon Combo #3 Round kick, low shuffle step, back sweep 360*
24. Dragon Combo #4 Crescent, front snap, elbow
25. Sempok
26. Dragon Push-Up