



*leadership skills through the martial arts*

## Basic Combinations

Front leg front kick, offensive front kick, punch

Hook kick, punch

Offensive hook kick, punch

## Basic Paper Combinations

Back leg front kick punch

Hook kick, round kick, punch

## Intermediate Combinations

Jab, Punch, Spin Kick, Punch

Sparring Combination: Sliding Side Kick, back fist, punch, back leg round kick, punch

## Intermediate Paper Combinations

Jump back round kicks

Front kick, jump front kick, pop up front kick

## Advanced Combinations

Back fist, punch, ridge hand, side kick, turn side kick, spin hook kick, punch

Back leg front kick, wheel kick, spin kick, switch, jump spin kick.

## Advanced Paper Combinations

Switch axe, jump front, spin, back fist, punch

Sliding round kicks