



*leadership skills through the martial arts*

## **Basic Combinations**

Front Leg Round Kick, Punch

Front Leg Side Kick, Punch, Offensive Side Kick, Punch

## **Basic Paper Combinations**

Back Leg Front Kick, Punch

Double Round Kick

## **Intermediate Combinations**

Side Kick, Turn Side Kick, Punch

Back Leg Round Kick, Spin Kick, Back Leg Round Kick, Spin Kick, Punch

## **Intermediate Paper Combinations**

Back Leg Round Kick, Spin Kick

Multiple Spin Kicks

## **Advanced Combinations**

Jab, Punch, Hook Kick, Round Kick, Side Kick, Punch

Back Round Kick, Tornado Kick, Spin Kick

## **Advanced Paper Combinations**

Hook, Double Round, Back Fist, Punch

Multiple Spin Kicks