



leadership skills through the martial arts

Basic Combinations

Front Leg Front Kick Offensive Front Kick, Punch

Hook Kick, Punch

Basic Paper Combinations

Back Leg Front Kick, Punch

Hook Kick, Round Kick

Intermediate Combinations

Jab, Punch, Wheel Kick, Round Kick, Punch

Side kick, Hook Kick, Round Kick, Punck

Intermediate Paper Combinations

Wheel Kick, Round Kick, Punch

Round Kick, Jab, Punch, Back Leg Round Kick, Punch

Advanced Combinations

Jab, Punch, Back Round, Spin Hook, Punch

Jab, Step Punch, Spin Backfist, Back Leg Front Kick, Retreating Flying Spin Kick

Advanced Paper Combinations

Switch Axe, Jump Front, Spin Kick, Backfist Punch

Sliding Round Kicks