



*leadership skills through the martial arts*

## **Basic Combinations**

Round Kick, Punch

Side Kick, Punch

Backfist, Punch, Back Leg Front Kick, Front Leg Front Kick

## **Basic Paper Combinations**

Back Leg Front Kick, Punch

Double Round Kick

## **Intermediate Combinations**

Jab, Punch, Spin Kick, Punch

Sparring: Sliding Side kick, Back Fist Punch, Back Leg Round Kick, Punch

## **Intermediate Paper Combinations**

Jump Back Leg 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, Punch

Back Leg Front Kick, Wheel Kick, Spin Kick, Switch, Jump Spin Kick

## **Advanced Paper Combinations**

Wheel Kick, Spin Kick, Step Jump Spin Kick (Flying Spin Kick)

Screw Kick, Punch