



leadership skills through the martial arts

Basic Combinations

Front Leg Front Kick, Offensive Front Kick, Punch

Hook Kick, Punch

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

Basic Paper Combinations

Back Leg Front Kick, Punch

Hook Kick, 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, Spin Kick

Multiple Spin Kicks

Advanced Combinations

Jab, Punch, Hook, Round, Side, Punch

Back Leg Round Kick, Tornado Kick, Spin Kick

Advanced Paper Combinations

Back Round, Tornado, Spin

Multiple Tornadoes