



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, Wheel Kick, Round Kick, Punch

Balance: Side Kick, Hook Kick, Round Kick, Punch

Intermediate Paper Combinations

Wheel Kick, Round Kick, Punch

Side Kick, Hook Kick, Round Kick, Punch

Advanced Combinations

Jab, Punch, Back Leg Round Kick, Spin Hook Kick, Punch

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

Advanced Paper Combinations

Hook Kick, Double Round Kick, Backfist Punch

Multiple Spin Kicks