



*leadership skills through the martial arts*

## **Basic Combinations**

Front leg front kick, offensive front leg front kick, punch

Hook kick, punch

Back fist, Punch, back leg front kick, front leg hook kick, punch

## **Basic Paper Combinations**

Back leg front kick punch

Hook kick, 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 kick, punch

Back leg front kick, spin kick, switch, jump spin kick

## **Advanced Paper Combinations**

Switch axe, jump front kick, spin kick, back fist, punch

Sliding round kicks