

## PUNCHING & KICKING COMBINATIONS

### PUNCHING

1. 3 Blocking and Reverse Punch
2. Double Punch
3. Back Fist and Double Punch
4. Double Backfist and Reverse Punch
5. Triple Punch
6. Double Punch and Double Punch
7. Front Step Punch and Triple Punch
8. Back Fist and Turning Back Fist
9. Back Fist (L), Back Fist (R), Jumping Turning Backfist
10. Jumping Reverse Punch

### KICKING COMBINATIONS

1. Front Foot Snap Front Kick, Back Foot Hopping Front Kick
2. Back Foot Front Kick, Same Foot Skip Side Kick
3. Front Foot Roundhouse Kick to midsection, Same Foot Roundhouse Kick to uppersection
4. Front Foot Hopping Side Kick, Same Foot Skip Roundhouse Kick
5. Hopping Roundhouse Kick, Same Foot Skip Hook Kick
6. Front Foot Snap Front Kick, Back Foot Hopping Axe Kick
7. Front Foot Snap Side Kick, Hopping Turning Wheel Kick
8. Switched Foot Roundhouse Kick, Hopping Turning Back Side Kick
9. Switched Foot Roundhouse Kick, Jumping Wheel Kick
10. Switched Foot Axe Kick, Back Foot Axe Kick, Jumping Turning Crescent Kick