



'Three Kick Combo'

Note: All three kicks are with same leg

- 1 Front Kick (Returning)
- 2 Round Kick (Advancing)
- 3 Slide Up Side Kick

#1

- 1 L Back Fist
- 2 R Reverse Punch
- 3 L Round Kick

#2

- 1 L Round Kick
- 2 L Back Fist
- 3 R Reverse Punch
- 4 R Front Kick

#3

- 1 L Slide Up Round Kick
- 2 L Back Fist
- 3 R Reverse Punch
- 4 L Ridge Hand Strike
(3-kick combo)
- 5 R Rear Leg Front Kick
- 6 R Slide Up Round Kick
- 7 R Step Up Side Kick

#4

- 1 L Middle block (out)
- 2 R Reverse Punch
- 3 L Punch

- 4 R Front Kick
- 5 L Round Kick

#5

- 1 R Step Up Side Kick
- 2 R Back Fist
- 3 L Reverse Punch
- 4 L Dbl Round Kick

#6

- 1 L High Block
- 2 R Reverse Punch
- 3 L Punch

- 4 R Front Kick (Ret)
- 5 R Round Kick (Adv)

Combinations should 'flow' together, but it is important that each individual technique is completed with a full range of motion before moving to the next

#7

- 1 R Front Kick
- 2 R Punch
- 3 L Palm Heel
- 4 R Spear Hand strike

#8

- 1 L Front Leg Round Kick
- 2 L Back Fist
- 3 R Reverse Punch
- 4 R Rear Leg Round Kick

#9

- 1 L Front Leg Front Kick
- 2 R Rear Leg Round Kick
- 3 L Knife Hand Strike
- 4 R Reverse Punch

#10

- 1 L Back Fist (or any choice block)
- 2 R Reverse Punch
- 3 R Front Kick (Ret)
- 4 R Round Kick (Adv)
- 5 R Step Up Side Kick

#11

- 1 L High Block
- 2 L Inward Block
- 3 L Outward Block
- 4 R Reverse Punch

- 5 R Front Kick (Returning)
- 6 R Round Kick (Advancing)
- 7 R Slide Up Side Kick

#12

- 1 L Back Fist
- 2 R Step Through Punch
- 3 L Spin Knife Hand
- 4 R Round Kick



'Three Kick Combo'

Note: All three kicks are with same leg

- 1 Front Kick (Returning)
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- 3 Slide Up Side Kick

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1. Low Block L
2. Reverse Punch R
3. Rear Leg Front Kick (Advancing) R
4. Rear Leg Front Kick (Advancing) L
5. Rear Leg Round Kick (Advancing) R
6. Rear Leg Round Kick (Advancing) L

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1. Ready Position
2. Knife Hand High Block L
3. Reverse Punch R
4. Punch L
5. Step Up Front Kick L
6. Rear Leg Round Kick R
7. Step Up Side Kick R
8. Back Fist R
9. Reverse Punch L

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1. Guarding Stance L
2. High Block (Up) L
3. Inward Block (In) L
4. Outward Block (Out) L
5. Reverse Punch R
6. Rear Leg Round Kick (Advancing) R
7. Slide Up Round Kick R
8. Slide Up Side Kick R

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1. Guarding Stance L
2. Jump Front Kick Advancing L
3. Back Fist L
4. Reverse Punch R
5. Rear Leg Side Kick R

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1. Guarding Stance L
2. Step Front kick L
3. Rear Leg Crescent Kick R
4. Side Kick R
5. Back Fist R
6. Ridge Hand Strike L
7. Rear Leg Round Kick L

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1. Knife Hand High Block L
2. Reverse Punch R
3. Punch L
4. Front Leg Round Kick L
5. Rear Leg Side Kick R
6. Slide Up Hook Kick R

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1. Guarding Stance L
2. Outward Block L
3. Reverse Punch R
4. Inside Crescent Kick R
5. Outside Crescent Kick Returning R
6. Spinning Crescent Kick R

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1. Guarding Stance L
2. Step Up Round Kick L
3. Reverse (Spinning) Side Kick R
4. Back fist R
5. Rear Leg Round Kick L

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1. Step Up Side Kick L
2. Side Kick L
3. Reverse Side Kick R
4. Rear Leg Double Round Kick L