

Kick Combos

- 1) Step behind Side Kick
Punch (Jab, Cross)
- 2) Reverse punch
Rear leg Front Kick
Turn Round Kick
- 3) Step together Double Round Kick
Knife Hand Strike
- 4) Turn Round Kick
Spin Side Kick
Back Fist
- 5) Reverse Punch (Cross)
Obverse Punch (Jab)
Spin Heel Kick
- 6) Step together Hook-Round Kick
Step behind Side Kick
Triple Punch TKD
- 7) Step behind Side Kick step back
Turn Round Kick set down double step back
Step behind Hook Kick step back
Step together step out Reverse Punch (Cross)
- 8) Step together Side Kick Reverse Punch step back
Step together Round Kick Reverse Punch step back
Step together Hook Kick Reverse Punch step back
Step together lead leg fake pump to Spin Side Kick
1-2 Punch (Jab, Cross)
- 9) Step together double Round Kick step back
Step together Hook-Round Kick step back
Step together Side Kick, Spin Heel Kick step back
Step together Hook Kick, Spin Side Kick
1-2 Punch (Jab, Cross)
- 10) Rear leg inside Crescent Kick
Spin Outside Crescent Kick
Rear leg inside Crescent Kick
Punch (Jab, Cross, Hook, Uppercut)