

Sparring Combinations (Ideas):

Camo Belt: (Left Foot Forward)

#1:

Left Back Fist

Right Reverse Punch

Right #2 Round Kick

Turn – Look, Left Reverse Outer Crescent Kick

Right Reverse Punch

#2:

Left Back Fist

Double Step

Right Reverse Punch

Step Forward Left Reverse Side Kick

Right Reverse Punch

#3:

Left Back Fist

Left #3 Jump Side Kick

Right Reverse Punch

Sparring Combinations (Ideas):

Green Belt: (Right Foot Forward)

#1

Right Back Fist

Left Reverse Punch

Left #2 Round Kick

Turn – Look, Right Reverse Outer Crescent Kick

Left Reverse Punch

#2:

Right Back Fist

Double Step

Left Reverse Punch

Step Forward Right Reverse Side Kick

Left Reverse Punch

#3

Right Back Fist

Right #3 Jump Side Kick

Left Reverse Punch

Sparring Combinations (Ideas):

Purple Belt: (Left Foot Forward)

#1:

Left Back Fist

Right Reverse Punch

Right #2 Round Kick

Turn – Look, Left Reverse Hook Kick

Right Reverse Punch

#2:

Left Back Fist

Double Step

Right Reverse Punch

#3 Left Jump Outer Crescent

Right Reverse Punch

#3:

Left Back Fist

#3 Left Hook Kick

Turn – Look, Right Reverse Outer Crescent Kick

Right foot #2 Jump Round Kick

Right Reverse Punch

Sparring Combinations (Ideas):

Blue Belt: (Right Foot Forward)

#1:

Right Back Fist

Left Reverse Punch

Left #2 Round Kick

Turn – Look, Right Reverse Hook Kick

Left Reverse Punch

#2:

Right Back Fist

Double Step

Left Reverse Punch

#3 Right Jump Outer Crescent

Left Reverse Punch

#3:

Right Back Fist

#3 Right Hook Kick

Turn – Look, Left Outer Crescent Kick

Left foot #2 Jump Round Kick

Left Reverse Punch