

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