

## **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