

Combination Sequences

LEVEL 1

- 1 L/LEG THIGH CHECK
- 2 REPEAT, ADD L/LEG FRONT KICK
- 3 REPEAT ABOVE, ADD L/JAB
- 4 REPEAT ABOVE,ADD L/R JAB
- 5 REPEAT ABOVE,ADD L/HOOK
- 6 REPEAT ABOVE,ADD R/LEG THIGH KICK

LEVEL 2

- 1 SWITH INSIDE THIGH KICK
- 2 REPEAT,ADD R/HAND
- 3 REPEAT ABOVE,ADD L/BODY RIP
- 4 REPEAT ABOVE,ADD L/HOOK
- 5 REPEAT ABOVE,ADD R/HAND
- 6 REPEAT ABOVE,ADD R/LEG THIGH KICK

LEVEL 3

- 1 R/LEG FRONT KICK
- 2 REPEAT,ADD L/LEG SPINNING SIDE KICK
- 3 REPEAT ABOVE,ADD 2R/KNEES
- 4 REPEAT ABOVE,ADD L/R/ ELBOW
- 5 REPEAT ABOVE,ADD SWITCH 2 INSIDE THIGH KICKS
- 6 REPEAT ABOVE,ADD R/HAND SPINNING BACK FIST

LEVEL 4

- 1 L/JAB AND SLIP OPPONENTS L/JAB
- 2 REPEAT,ADD WEAVE R/LEG THIGH KICK,R/HAND
- 3 REPEAT,ADD SLIP/WEAVE L/INSIDE THIGH KICK
- 4 REPEAT,ADD WEAVE OPPONENTS R/HAND,L/RIP L/HOOK
- 5 REPEAT,ADD R/L UPPERCUT R/OVERTOP
- 6 REPEAT,ADD L/R/L JAB L/LEG ROUNHOUSE KICK