



## SPARRING COMBOS 1-20

All techniques begin from the "right leg back" fighting stance.

1. Left back fist, right reverse punch, right roundhouse kick.
2. Right roundhouse kick, right back fist, left reverse punch.
3. Left back fist, right reverse punch, right inside/outside kick.
4. Side step to the right, executing a left knife hand block, right reverse punch, lunging right front kick, landing left reverse punch.
5. Right roundhouse kick, left back kick, right reverse punch.
6. Left Jab, right reverse punch, cross step, left inside to outside crescent kick.
7. Left shuffle side kick, right reverse punch, right ax kick.
8. Right outside/inside crescent kick, left spin hook kick, right reverse punch.
9. Shuffle forward right reverse punch, left reverse punch, right reverse punch, hop left roundhouse kick.
10. In place, hop and switch feet, left inside/outside crescent kick, lunging right front kick, left reverse punch.
11. Back leg outside/inside kick, spinning inside/outside kick (land behind) right leg roundhouse kick, left reverse punch.
12. Shuffle forward left roundhouse kick, reverse punch, right front kick, left spin back kick, reverse punch.
13. Hop left downward heel kick, right roundhouse kick, left reverse punch, left double roundhouse kick, reverse punch.
14. Right spin hook kick, left double roundhouse kick, right reverse punch.
15. Right lunging right front kick, left reverse punch, left roundhouse kick, step back with the left leg spinning right inside/outside kick.
16. Hopping back, switching your feet, hop forward right inside/outside crescent kick, left reverse punch, right hop roundhouse kick.
17. Left hop hook kick/round kick, right side kick, left reverse punch, step back, right jump spin inside/outside crescent kick.
18. Shuffle in right reverse punch, right low front kick (belt level) left jump spinning wheel kick, land right roundhouse kick, landing with right leg pump lead leg side kick.
19. Jump right front kick/left round house kick, sliding right downward heel kick.
20. Shuffle in right leg lunging front kick, left leg roundhouse kick, right jump spinning inside crescent kick, right spin hook kick, right reverse punch, downward heel kick, right tornado kick.

**Self Defense starts with Self Confidence**