

# Sparring Combos

## Sr. Green Belts

- 1.) **Jab, cross, rear leg hook kick**
- 2.) **Front kick, round kick, spin hook kick**

## Sr. Purple Belts

- 1.) **Back fist, front leg side kick, jump spin side kick**
- 2.) **Triple skipping round kick, rear leg round kick (other leg), jump spin hook kick**

## Sr. Blue Belts

- 1.) **Twist kick, round kick, jab, cross, rear leg round kick**
- 2.) **Rear leg front kick, spin side kick, rear leg round kick, butterfly kick**

## Sr. Brown Belts

- 1.) **Front kick/Round kick with same leg, without setting foot down, jump spin side kick with opposite leg, rear leg side kick, back fist, reverse punch**
- 2.) **Front leg front kick/Side kick combination, without setting foot down, jab, cross, rear leg double round kick, jump spin hook kick**

## Sr. Red Belts

- 1.) **Jab, cross, rear leg side kick, 360 round kick**
- 2.) **Front leg side kick, double round kick without setting foot down, jab, cross, rear leg round kick, 360 front kick**

## Recommended Black Belts

- 1.) **Jab/Back fist with same hand, cross, rear leg front kick/round kick, spin side kick, 360 round kick**
- 2.) **Back fist, cross, hook punch, front leg twist kick, round kick, 360 crescent kick**