

Combinations

		1st Move	2nd Move	3rd Move	4th Move	5th Move	6th Move	#
Karate (Offensive 1-4 / Defensive 5-8)								
Set 1	1	Front punch	Reverse Punch					2
	2	Front punch	Front Kick	Reverse Punch				3
	3	Back fist	Side Kick	Reverse Punch				3
	4	Front punch	Back Leg Front Kick	Reverse Side Kick	Reverse Punch			4
Set 2	5	Front punch	Reverse Punch	Ridge Hand				3
	6	Front punch	Front Kick	Side Kick	Reverse Punch			4
	7	Front punch	Round Kick	Side Kick	Reverse Punch			4
	8	Front punch	Reverse Punch	Back Leg Round Kick	Reverse Side Kick	Reverse Punch		5
American Karate (Offensive 1-4 / Defensive 5-8)								
Set 1	1	Back fist	Hook Kick	Reverse Punch				3
	2	Slide-in Side Kick	Side Kick	Reverse Punch	Back Leg Round Kick	Reverse Back Fist	Back ridge hand	6
	3	Back Fist	Hook Kick	Back Leg Round Kick	Reverse Side Kick	Reverse Punch		5
	4	Front punch	Reverse Punch	Back leg front kick (low)	Round kick (high)	Reverse Side Kick	Back hand ridge hand	6
Set 2	5	Palm	Fade	Switch palm				3
	6	Jam/Jam	Palm	Switch round kick cover	Switch palm	Grab	Back leg round kick	6
	7	Palm	Fade	Switch round kick cover	Step forward jam	Palm		5
	8	Back hand parry	Front hand parry	Switch round kick cover	Step forward jam	Palm		5
Tae Kwon Do								
Set 1	1	Front Punch	Inside/out Crescent kick	Reverse Punch				3
	2	Front Punch	Lunge punch	Reverse hook kick	Reverse Punch			4
	3	Slide-in round kick (high/low)	Overhand back fist	Drop reverse punch				3
	4	Defensive side kick	Step behind side kick	Back leg round kick	Back hand back fist	Back leg round kick		5
Set 2	5	Defensive side kick	Slide-in hook kick	Round kick	Overhand back fist	Mid-section reverse punch		5
	6	Jump round kick	Reverse back fist	Back leg round kick	Reverse punch			4
	7	Slide-in round kick/side kick	Reverse side kick	Back leg round kick	Reverse Punch			4
	8	Slide-in hook kick	Back leg round kick	Reverse back fist	Back ridge hand			4
American Tae Kwon Do								
Set 1	1	Jump back leg round kick	Reverse hook kick	Reverse punch				3
	2	Jump back leg side kick	Reverse side kick	Reverse punch				3
	3	Front punch	Front Kick	Back leg round kick	Jump reverse hook/round kick	Reverse Punch		5
	4	Front punch	Ridge hand	Reverse back fist	Back Leg Round Kick	Back fist	Reverse punch	6
Set 2	5	Lateral ridge hand	Hook kick	Back fist	Ridge hand			4
	6	Lateral round kick	Back fist	Reverse Punch	Ridge hand	Round kick		5
	7	Fade ridge hand	Hook kick	Reverse Punch				3
	8	Fade side kick	Hook kick	Round kick	Front punch	Reverse punch		5