Combinations

Tend punch Reverse Punch	ove #
Front punch Front Kick Reverse Punch Side Kick Reverse Punch Reverse Punch Side Kick Reverse Side Kick Reverse Back Fist Back ridg Side Side Kick Reverse Punch Side Kick Reverse Side Kick Reverse Back Fist Back ridg Side Side Kick Reverse Punch Side Kick Reverse Side Kick Reverse Back Fist Back ridg Side Side Kick Reverse Punch Side Kick Reverse Punch Side Kick Reverse Punch Reverse Side Kick Side Kick Side Kick Side Kick Cover Side Side Side Kick Side Kick Side Side Side Side Side Side Side Side	
3 Back fist Side Kick Reverse Punch	2
4 Front punch Back Leg Front Kick Reverse Side Kick Reverse Punch 5 Front punch Reverse Punch Ridge Hand 6 Front punch Front Kick Side Kick Reverse Punch 7 Front punch Round Kick Side Kick Reverse Punch 8 Front punch Reverse Punch Back Leg Round Kick Reverse Side Kick Reverse Punch American Karate (Offensive 1-4 / Defensive 5-8) 1 Back fist Hook Kick Reverse Punch Back Leg Round Kick Reverse Side Kick Reverse Back Fist Back ridg 3 Back Fist Hook Kick Reverse Punch Back Leg Round Kick Reverse Side Kick Reverse Back Fist Back ridg 4 Front punch Reverse Punch Back Leg Round Kick Reverse Side Kick Reverse Punch 5 Palm Fade Switch Found Kick Cover Switch palm Grab Back leg round Kick Cover Switch palm Grab Back leg round Kick Cover Step forward jam Palm 5 Back hand parry Front hand parry Switch round kick cover Step forward jam Palm 7 Palm Fade Switch round kick cover Step forward jam Palm 8 Back hand parry Front hand parry Switch round kick cover Step forward jam Palm 7 Palm Fade Switch round kick Cover Step forward jam Palm 8 Back hand parry Front hand parry Switch round kick Cover Step forward jam Palm 7 Palm Fade Switch round kick Cover Step forward jam Palm 8 Back hand back fist Drop reverse punch 4 Defensive side kick Step behind side kick Back leg round kick Reverse Punch 4 Defensive side kick Step behind side kick Back leg round kick Reverse Punch 5 Jump round kick Reverse back fist Back leg round kick Reverse punch 6 Jump round kick Reverse back fist Back leg round kick Reverse Punch 7 Silde-in round kick/side kick Reverse side kick Back leg round kick Reverse Punch 8 Back leg round kick Reverse back fist Back leg round kick Reverse Punch 9 Silde-in round kick/side kick Reverse back fist Back leg round kick Reverse Punch 9 Silde-in round kick/side kick Reverse back fist Back leg round kick Reverse Punch 9 Silde-in round kick/side kick Reverse back fist Back leg round kick Reverse Punch 9 Silde-in round kick/side kick Reverse back fist Back leg round kick Reverse Punch 9 Silde-in r	3
S	3
Front punch	4
Front punch Round Kick Side Kick Reverse Punch Rever	3 4
Reverse Punch	4
American Karate (Offensive 1-4 / Defensive 5-8) 1	4 5
1	5
Side-in Side Kick	
Back Fist	3
4 Front punch Reverse Punch Back leg front kick (low) Round kick (high) Reverse Side Kick Back hand respond to the palm Fade Switch palm Switch palm Grab Back leg round kick cover Step forward jam Palm Palm Fade Switch round kick cover Step forward jam Palm Palm Palm Fade Switch round kick cover Step forward jam Palm Palm Palm Palm Palm Palm Palm Pa	
Fade Switch palm Switch	5
Second Palm Switch round kick cover Switch palm Grab Back leg round kick Step forward jam Palm Pal	
Fade Switch round kick cover Step forward jam Palm	3
Back hand parry Front hand parry Switch round kick cover Step forward jam Palm	
Tae Kwon Do 1	5
Tront Punch Inside/out Crescent kick Reverse Punch Rev	5
2 Front Punch Lunge punch Reverse hook kick Reverse Punch	
3 Slide-in round kick (high/low) Overhand back fist Drop reverse punch 4 Defensive side kick Step behind side kick Back leg round kick Dverhand back fist Back leg round kick Dverhand back fist Back leg round kick Mid-section reverse punch 5 Defensive side kick Slide-in hook kick Reverse back fist Back leg round kick Reverse punch 6 Jump round kick Reverse back fist Back leg round kick Reverse Punch 7 Slide-in round kick/side kick Reverse side kick Back leg round kick Reverse Punch 8 Slide-in hook kick Back leg round kick Reverse back fist Back ridge hand American Tae Kwon Do 1 Jump back leg round kick Reverse hook kick Reverse punch 2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	3
4 Defensive side kick Step behind side kick Back leg round kick Back hand back fist Back leg round kick 5 Defensive side kick Slide-in hook kick Round kick Overhand back fist Mid-section reverse punch 6 Jump round kick Reverse back fist Back leg round kick Reverse punch 7 Slide-in round kick/side kick Reverse side kick Back leg round kick Reverse Punch 8 Slide-in hook kick Back leg round kick Reverse back fist Back ridge hand American Tae Kwon Do 1 Jump back leg round kick Reverse hook kick Reverse punch 2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	4
5 Defensive side kick Slide-in hook kick Round kick Overhand back fist Mid-section reverse punch 6 Jump round kick Reverse back fist Back leg round kick Reverse punch 7 Slide-in round kick/side kick Reverse side kick Back leg round kick Reverse Punch 8 Slide-in hook kick Back leg round kick Reverse back fist Back ridge hand American Tae Kwon Do 1 Jump back leg round kick Reverse hook kick Reverse punch 2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	3 5 5 4
6 Jump round kick Reverse back fist Back leg round kick Reverse punch 7 Slide-in round kick/side kick Reverse side kick Back leg round kick Reverse Punch 8 Slide-in hook kick Back leg round kick Reverse back fist Back ridge hand American Tae Kwon Do 1 Jump back leg round kick Reverse hook kick Reverse punch 2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	5
7 Slide-in round kick/side kick Reverse side kick Back leg round kick Reverse Punch 8 Slide-in hook kick Back leg round kick Reverse back fist Back ridge hand American Tae Kwon Do 1 Jump back leg round kick Reverse hook kick Reverse punch 2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	5
8 Slide-in hook kick Back leg round kick Reverse back fist Back ridge hand American Tae Kwon Do 1 Jump back leg round kick Reverse hook kick Reverse punch 2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	4
American Tae Kwon Do Table Table	4
1 Jump back leg round kick Reverse hook kick Reverse punch 2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	4
2 Jump back leg side kick Reverse side kick Reverse punch 3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	
3 Front punch Front Kick Back leg round kick Jump reverse hook/round kick Reverse Punch 4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand Reverse Ridge hand Ridge hand Reverse Ridge hand	3
4 Front punch Ridge hand Reverse back fist Back Leg Round Kick Back fist Reverse 5 Lateral ridge hand Hook kick Back fist Ridge hand	3
5 Lateral ridge hand Hook kick Back fist Ridge hand	5
	3 3 5 punch 6 4 5 3
	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