

	1st Move	2nd Move	3rd Move	4th Move	5th Move	6th Move	#
<b>Kickboxing Combination Set</b>							
1	Reverse hook kick	Round kick	Reverse punch	Back leg round kick	Side kick	Reverse punch	6
2	Inside-outside crescent kick	Lunge punch	Reverse hook kick	Round kick	Side kick	Reverse punch	6
3	Front punch	Hook kick	Round kick	Reverse side kick	Reverse back fist	Reverse punch	6
4	360* Round kick	Reverse hook kick	Back leg round kick	Back ridge hand			4
<b>American Kickboxing Combination Set (Offensive only)</b>							
1	Jab	Hook					2
2	Uppercut	Hook					2
3	Jab	Cross	Hook				3
4	Jab	Hook	Spin back fist (all the way through resetting with back leg)				3
5	Thrust front kick	Uppercut	Hook				3
6	Jab	Cross	Front round kick (no hip extension)	Back round kick (no hip extension)			4
7	Jab	Front kick	Cross	Front round kick (no hip extension)			4
8	Hook	Cross	Back round kick (no hip extension)				3
9	Jab	Bump front leg ax kick	Full back leg round kick (Spin through to turn)				3
10	Jab	Cross	Back leg outside to inside crescent kick	Ridge hand			4
11	Back leg round kick	Tornado kick	Reverse hook kick				3
12	Jump back leg front kick	Back leg round kick	Reverse hook kick	Back fist	Cross punch		5
13	Jump back leg round kick	Back round kick	Reverse hook kick				3