

SPARRING COMBINATIONS

BELT					
WHITE	1	#3 front kick (solar plexus)	lunge punch (head)	reverse punch (head)	
	2	lunge punch (head)	reverse punch (head)	#2 front kick (solar plexus)	
YELLOW	1	slide up round kick (stomach)	backfist (temple)	reverse punch (stomach)	
	2	backfist (temple)	reverse punch (stomach)	#2 round kick to the calf/knee)	
ORANGE	1	shuffle step, #2 axe kick (neck)	back fist (temple)	reverse punch (face)	
	2	back fist (temple)	reverse punch (face)	#2 axe kick	
LIME	1	#3 front kick (solar plexus)	lunge punch (head)	reverse punch (head)	#2 round kick (calf/ knee)
	2	Attack: backfist (temple)	Defense: high block	reverse punch (floating rib)	
GREEN	1	side kick (ribs)	reverse side kick (ribs)	backfist (temple)	
	2	Attack: #3 round kick (stomach)	Defense: outer forearm block	reverse punch (floating rib)	
BLUE	1	lunge punch (face)	reverse punch (face)	front kick	round kick
	2	Attack: hook punch	Defense: duck under	check back	knee attack or round kick (solar plexus)
PURPLE	1	side kick (ribs)	round kick (head)	backfist (temple)	reverse punch (face)
	2	Attack: backfist	Defense: back kick (ribs)		
PURPLE HIGH	1	slide up side kick	spin hook kick (head if possible)		
	2	Attack: side kick	Defense: flip kick (groin)		
RED	1	round kick (low)	spin hook kick (high)		
	2	Attack: round kick (stomach)	Defense: outer forearm block	spin back kick	
RED HIGH	1	slide up hook kick (head)	round kick (head)	backfist (temple)	reverse punch (face)
	2	Attack: round kick (stomach)	Defense: outer forearm block	spin hook kick	
BROWN	1	#2 round kick (low)	#2 round kick (high)	backfist (temple)	reverse punch (face)
	2	Attack: round kick (low)	Defense: #1 side kick (ribs)		
BROWN HIGH	1	trap, backfist (temple)	reverse punch (ribs)	lunge punch (through the face)	
	2	Attack: reverse punch (face)	Defense: #1 hook kick (head)		