

## World Class Institute of Martial Arts

## **Sparring Combinations**

1.	RL Front Kick	LL Front Kick			Reverse Middle	High Front	White Belt (Green 2 know 1-12)
					Punch	Punch	
2.	RL Front Kick	LL Round			Reverse	High	White Belt
		Kick			Middle	Front	(Green 2 know 1-12)
					Punch	Punch	
3.	RL Front Kick	LL- Round	RL Back		Reverse	High	Yellow Belt
		Kick	Kick		Middle	Front	(Green 2 know 1-12)
					Punch	Punch	
4.	RL Front Kick	LL Round	LL- Jump		Reverse	High	Yellow Belt
		Kick	Front		Middle	Front	(Green 2 know 1-12)
			Kick		Punch	Punch	
5.	RL- Round	RL Jump Side	LL Back		Reverse	High	Orange Belt
	Kick	Kick	Kick		Middle	Front	(Green 2 know 1-12)
					Punch	Punch	
6.	RL- Round	LL Round	RL Back	LL	Reverse	High	Orange Belt
	Kick	Kick	Kick	Back	Middle	Front	(Green 2 know 1-12)
				Kick	Punch	Punch	
7.	RL Out To In	LL Spinning			Reverse	High	O/Stripe Belt
	Crescent Kick	Back Kick			Middle	Front	(Green 2
					Punch	Punch	know 1-12)
8.	RL Round	Spin, RL			Reverse	High	O/Stripe Belt
	Kick	Round Kick			Middle	Front	(Green 2
					Punch	Punch	know 1-12)
9.	LL Fade in	RL Spinning			Reverse	High	Green
	Round Kick	Back Kick			Middle	Front	(Green 2
					Punch	Punch	know 1-12)
10.	. RL Round	3 more Same	LL Spin		Reverse	High	Green
	Kick	Leg Round	Hook		Middle	Front	(Green 2
		Kick	Kick		Punch	Punch	know 1-12)
11.	. RL Front-	LL Back Kick			Reverse	High	Green 1
	Round Kick				Middle	Front	(Green 2
					Punch	Punch	know 1-12)
12.	. Side Kick	Step Behind			Reverse	High	Green 1
		Hook Kick			Middle	Front	(Green 2
					Punch	Punch	know 1-12)