



# World Class Institute of Martial Arts

## Sparring Combinations

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