

# **Black Belt Combinations**

## **Set 1**

1. Jump front leg round kick, jump front leg hook kick, back punch.
2. Step through reverse hook kick, step through reverse sidekick, back punch.
3. Jump back leg round kick, jump back leg round kick, back ridge hand.

## **Set 2**

1. Jump 360 reverse hook kick, step through reverse hook kick, back punch.
2. Front leg front kick, jump back leg front kick, tornado round kick, reverse hook kick, back punch.
3. Back leg round kick, jump through reverse hook kick, back leg round kick, jump through reverse hook kick, back ridge hand.

## **Set 3**

1. Scissor back leg front kick-round kick, tornado round kick, reverse hook kick, back leg round kick-sidekick, back punch.
2. Front leg front kick, jump through reverse hook kick, back leg round kick, tornado kick, reverse hook kick, back punch.
3. Jump reverse sidekick, back leg round kick-sidekick, back ridge hand.