

### 1-40 Combinations

1. Front kick, double punch, roundhouse kick
2. Front leg roundhouse kick, Reverse punch (option finish superman)
3. Jab, cross, hook, cross (option roundhouse kick)
4. One step #4
5. Backfist, spinning backfist, Reverse punch, roundhouse (forward, retreating, and held ground)
6. Jab, cross, parry, elbow
7. Backfist, skip side kick
8. Switch, knee, elbow
9. Jab, cross, switch kick / switch turning back kick
10. Roundhouse kick, turning back kick
11. Step into ridgehand, turning back kick
12. Simultaneous 3 part - pull down hand, front kick, punch
13. Roundhouse kick, swing out roundhouse, ridgehand
14. Cats paw hook to hook jab, cross
15. Same side hook punch to skip hook kick
16. Hopping front kick with rear foot kick option roundhouse kick/turning back kick
17. Front leg roundhouse kick to inside out crescent to back of head
18. Pull down opponent front hand with reverse punch (option jumping)
19. Jab, uppercut, step forward (now southpaw) LH reverse punch
20. Retreating jab to Turning wheel kick
21. Double switch stance, axe kick to front arm, reverse punch
22. Jab, cross to body, stiff arm jab, side kick
23. Slide in, jab, cross, slide out front kick, sidestep out to side, roundhouse kick, hook kick
24. Jab, switch stance to now double jab, +45 single leg, -45 double roundhouse kick
25. Block vision, reverse punches to head, knee strike to body
26. Springing side kick to body, into roundhouse or hook kick to head
27. Juke right/left, push off left with RH reverse punch inside out crescent kick
28. One step #28 (crescent side)
29. Jab, cross, lean back front leg roundhouse kick to leg, front leg front kick to body, turning back kick
30. Jab, uppercut to rolling cross, double hook punches
31. Pull down hand, cross, step out foot sweep, reverse punch, option for double leg takedown
32. Advanced footwork, step flying roundhouse kick
33. Switch, Double Roundhouse kick, cross, roll back, cross
34. Jab, slip left, uppercut LH, roll under, cross, RF tepe

35. Jab, Jab, body cross, Philly shell guard body, uppercut, rotate 90, hook (head), uppercut, hook (body), cross
36. One step #1 to inner reap, skip side kick - option double leg
37. Jab, Cross, Roll under (right), cross, check hook, uppercut, angle back 45 RH kick body
38. RH kick to inner leg ankle stomp, inside out elbow, uppercut. Step out foot sweep to turning wheel kick
39. Front leg roundhouse kick, jab, jab, front leg Roundhouse kick, Turning back kick
40. Roundhouse, jumping spinning roundhouse kick, turning wheel kick

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