



# MIDWEST MARTIAL ARTS

## Kicking Combinations – Hybrid Taekwondo

### White to Yellow

- Front kick – Outside, inside, low, high block.
- Roundhouse – Outside, inside, low, high block.
- Front kick, roundhouse, sidekick.

### Yellow to Orange

- Front kick, jumping front, step behind side kick.
- Axe kick, roundhouse, jumping roundhouse, step behind side kick.

### Orange to Purple

- Immediate front kick, back leg front kick, repeat.
- Immediate front, back roundhouse, immediate round, back front kick. *(mix it up)*
- Immediate front kick, back leg front kick, back leg roundhouse, turning side kick.

### Purple to Green

- Immediate front kick, back leg front kick, skipping front kick, Jump front kick. *(Same order for roundhouse, & axe kick)*
- Immediate front kick, back leg round, skipping side kick.
- Inside crescent kick, turn side kick.
- Outside crescent, turning side kick.

### Green to Blue

- Double roundhouse, olympic jump roundhouse, jump axe, back leg hook kick.
- Double side kick, olympic jump roundhouse, jump axe, back leg hook kick.

### Blue to Brown

- Immediate hook kick – roundhouse, step down, spin hook, roundhouse.
- Slap kick, roundhouse, spin hook – roundhouse.

### Brown to High Brown

- Inside crescent, spin crescent, axe kick, tornado, turning side kick, drop knee turn hook kick.
- Double roundhouse, switch tornado, turning back kick.

### High Brown to Red

- Spin roundhouse, back leg roundhouse, jump turn back kick.
- 360 jump turn side kick, immediate axe kick, tornado round, step forward fake, jump turn side kick.

### Deputy Black and up

- Create 5 kicking combinations using at least 5 different kicks in each combination.