



MIDWEST MARTIAL ARTS

Kickboxing Combos – Hybrid Taekwondo

Blue to Brown

Boxing: Intro to basics
Jab, Cross

Boxing Footwork:
Forward, left, right, back

Brown to 2nd Brown

Boxing:
All previous

Kickboxing Drill:
1. Jab, Cross, Roundhouse, Roundhouse
2. Jab, Cross, Knee, Jab

2nd Brown to Red

Boxing:
Hook, Uppercut, Slip

Kickboxing Drill:
1. Step Jab, Cross, Slip, knee
2. Step Jab, Cross, Slip, Hook, Uppercut, knee

Red to Deputy Black Belt

Boxing:
All previous

Kickboxing Drill: *(with spin kicks)*
1. Jab, Cross, Jab, Spin Hook Kick
2. Jab, (L) Body Hook, Turning Back Kick

1st Poom Black Belt

Kickboxing Combinations:

1. Jab, Cross, Hook, Hook
2. Jab, Cross, Slip, Hook, Uppercut
3. 1 & 2 + Roundhouse, Roundhouse
4. 1 & 2 + Immediate Roundhouse, Turn Back Kick

2nd Poom Black Belt

Boxing:
Spinning Elbow

Boxing Combinations:

1. Jab, Cross, Hook, Hook
2. Jab, Cross, Slip, Hook, Uppercut
3. Jab, Body Hook, Head Hook, Elbow
4. Jab, Cross, Body Hook, Head Hook, Elbow
5. Jab, Cross, Hook, Elbow, (L) Elbow, Spinning Elbow

References:

1. Jab, cross, low roundhouse
2. Jab, cross, jab, switch kick
3. Jab, cross, jab, switch kick, spin back kick