Sparring Combination Drills
(Examples)

Yellow Belt

**Sparring Drills** -

1. L-stance/guarding block/forearms – back leg front snap kick – front leg turning kick
2. L-stance/guarding block/forearms – back fist high section – rev punch mid section – turning kick high section

Green Belt

**Sparring Drills** -

1. L-stance/guarding block/forearms – back fist – rear leg front snap kick – turning kick (same)
2. L-stance/guarding block/forearms – rear leg turning kick – spin back side kick

Blue Belt

**Sparring Drills** -

1. L-stance/guarding block/forearms – rear leg turning kick – (same) – step behind side kick
2. L-stance/guarding block/forearms – step behind hooking kick – (two) – turning kick

Red Belt

**Sparring Drills** -

1. L-stance/guarding block/forearms – rear leg front snap kick – jump double front snap kick
2. L-stance/guarding block/forearms – Hurricane kick