



MODULE 2 - Home Training 1

Fighting Form - Combinations

**Jab
Jab, Cross
Jab, Cross, Jab
Step Away, Reverse Side Kick**

Begin in a **Sparring Stance** facing North. Perform a slight step on each jab with the front foot. After the Jab, Cross, Jab be sure to “snatch the jab back” before turning away and performing your “step away, Reverse Side Kick.” This move is used to Create Distance from an attacking opponent while still being able to deliver a powerful kick. You will “step away” the same way you would naturally “turn around.”

**Jab
Jab, Cross
Jab, Cross, Outer Crescent Kick**

Begin in a **Sparring Stance** facing North. Perform a slight step on each jab with the front foot. After the Jab, Cross, perform a Right Outer Crescent Kick landing in front, then pivot on the same foot, and rotate 90 degrees to face West. Repeat the same combination with your right foot forward. After the Jab, Cross, perform a Left Outer Crescent Kick landing in front, then pivot on the same foot, rotating 90 degrees to face North.

Fundamental Form - Segment 1

**Step Reverse Side Kick
Back Fist**

Module 2 Fundamental Form begins right where Module 1 left off. You are in a Left Sparring Stance. From this position, take a step forward with your back (right) foot, and perform a Reverse Side Kick with your Left foot. Land in a Middle Stance (both knees bent, both feet pointing in the same direction). As you land your middle stance, perform a Left Back Fist. This combination represents you ‘attacking’ with the step reverse side kick, your opponent ‘sees’ it coming, and gets their stomach out of the way, only to be hit with your back fist as you finish the kick!

**Reverse Punch
Inner Axe Kick**

A “Reverse” Punch is the same as a “Cross”. Your back hand punches while keeping your opposite foot in front (ex. Left Front Stance, Right Punch). During Fundamental forms, you are “aiming” with the opposite hand to teach your shoulders/body how to generate power. In a Left Front Stance, you will ‘aim’ with your left hand, then perform a Right Reverse Punch without moving your feet. Next, since your shoulders have rotated forward, you will be in position to perform a Right Inner Axe Kick (striking with the heel), landing forward.



This

worksheet belongs to: _____