



## **Ruyter's Academy of Martial Arts**

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### **Sparring Combinations Master List**

1. **Back Fist/Jab – Reverse Punch**
2. **Back Leg Front Kick – Round Kick – Reverse Punch**
3. **Back Fist/Jab – Reverse Punch – Front Kick – Reverse Punch**
4. **Lead Leg Side Kick – Right Punch**
5. **Lead Leg Round Kick – Back Leg Double Round Kick – Reverse Punch**
6. **Lead Leg Round Kick – Back Kick – Reverse Punch**
7. **Back Fist/Jab – Reverse Punch – 45 Degree Angle Punch**
8. **Back Leg Round Kick – Horse Kick – Reverse Punch**
9. **Back Leg Round Kick – Spin – Round Kick – Reverse Punch**
10. **Lead Leg Round Kick – Back Leg Ax Kick – Reverse Punch**
11. **Lead Leg Hook Round Kick – Back Leg Extended Front Kick – Reverse Punch**
12. **Lead Leg Jump Front Kick – Step Side Kick – Reverse Punch**
13. **Switch Round Kick – Switch Ax Kick – Reverse Punch**
14. **Switch Round Kick – Back Kick – Round Kick – Switch Ax Kick – Reverse Punch**
15. **Back Fist/Jab – Reverse Punch – Ridge Hand – Spin Backfist**