



## PAD COMBO

- 1) Front Punch, Reverse Punch, Back Leg Front kick.
- 2) Back Leg Roundhouse kick (set your foot forward), Reverse Elbow, Front Elbow.
- 3) Reverse Palm Heel Strike, Front Palm Heel Strike, Reverse Elbow Strike.
- 4) Back Leg Front Kick (set your foot forward), Front Punch, Reverse Palm Heel Strike.
- 5) Back Leg Roundhouse Kick (set your foot forward) Reverse Punch, Front Elbow Strike.
- 6) Front Hand Knife Hand Strike, Reverse Palm Heel Strike, Front Punch.
- 7) Back Leg Front Kick (set your foot forward), Back Leg Roundhouse Kick, Reverse Elbow Strike.
- 8) Reverse Palm Heel Strike, Front Palm Heel Strike, (duck come up) Front Punch, Reverse Punch.
- 9) Front Punch, (duck come back up), Reverse Palm Heel Strike, Back Leg Front kick (set your foot forward) follow by the opposite leg Roundhouse kick.
- 10) Front Hand Palm Heel Strike, Reverse Elbow Strike, (duck come up), Front Punch, Reverse Punch.
- 11) Back Leg Knee Strike (set your foot back), same Leg Reverse Knee Strike (set your foot forward), Reverse Elbow Strike, follow by the other hand Front Elbow Strike
- 12) Reverse Elbow Strike, Front Elbow Strike, Reverse Hook punch, (the other hand) Front Hook Punch, (follow by) Back Leg Knee Strike.
- 13) Front Punch, Reverse Punch, Back Leg Front Kick, Follow by the other leg Front Kick.
- 14) Front Punch, Reverse Punch, Front Hand Palm Heel Strike, Reverse Palm Heel Strike, Front hand Elbow Strike follow by Reverse Elbow Strike.
- 15) Front Punch, Reverse Palm heel Strike, Back Leg Front Kick (set your foot forward), Reverse Knee Strike, follow by another Knee Strike opposite Leg
- 16) Front Punch, Reverse Punch, Front hand Palm heel Strike, Reverse Elbow Strike, Front Elbow Strike, Back leg Knee Strike
- 17) Back Leg Front Kick, the other leg Roundhouse Kick, duck come back up, Reverse Hook Punch, Front Hook Punch.
- 18) Front Punch, Reverse Punch, Back Leg Front Kick 2x, follow by opposite leg low Roundhouse Kick.
- 19) Reverse Outside Inside Knife Hand Strike, Front Hand Upward Elbow Strike, the opposite hand Reverse Elbow, Back Leg Knee Strikes.
- 20) Back Leg Front Kick 2x, (set your foot forward), the opposite Leg Low Roundhouse Kick 2x, same Leg Knee Strike 2x.
- 21) Front Punch, Reverse Punch, Back Leg Front Kick (set it forward), Reverse Elbow Strike, Front Elbow Strike.
- 22) Front Punch, Reverse Punch, Front Punch, Reverse Punch, Front hand Elbow Strike then same hand Elbow Strike the opposite direction, Back Leg Knee strike.
- 23) Back Leg Roundhouse Kick, Same Leg Knee Strike (set your foot forward), Reverse Palm Heel Strike, Back Leg Roundhouse Kick 2x,
- 24) Reverse Hook Punch, Front Hook Punch, Reverse Uppercut, Front hand Elbow Strike, Back Leg Knee Strike.