

Orange Belt Sparring Combinations Juniors do 1-3, Adults do all 5				
1	2	3	4	5
#1 Round Kick	#1 Jump (slide) Side Kick	#1 Jump Front Kick	Front Hand Backfist	Jab
Jab	#2 Front Kick/Round Kick Combination	Jab	#1 Side Kick	Reverse Punch
Reverse Punch	Front Hand Backfist	Reverse Punch	Spin Side Kick	Hook
#2 Round Kick	Reverse Punch	Double Round Kick	#2 Jump Round Kick	#1 Side Kick
		Spin Side Kick		Spin Crescent Kick
				#1 Round Kick