

# COMBINATION #12

*Defense against: **Straight punch to face.***

*Combination 12 introduces one of the most powerful kicks of all: the Spinning Back Kick. From beginning to end, your arms will stay on guard in this technique as you keep your opponent at a distance. Remember to let your guard change positions as you turn.*

Start in Horse Stance with hands on guard. As opponent attacks, deliver Left Front Ball Kick to solar plexus. Spin clockwise to face 6:00 and plant left foot next to right foot. Right Back Kick to solar plexus, then continue spinning clockwise and step forward into Right Half Moon Stance.

## **BROWN BELTS AND ABOVE OPTIONAL VARIATION:**

After the Front Ball Kick, step down into mini Horse Stance facing 3:00, then deliver Jump Spinning Back Kick to solar plexus. Land on left foot and step forward into Right Half Moon Stance as usual.