

COMBINATION #8

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

In Combination 8, you will train two kicks from the same Flamingo Stance. This will develop your core balance.

Start in Horse Stance with hands on guard. As opponent attacks, step back with right foot and execute #2 Knife-Hand Block. Deliver Right Front Ball Kick to solar plexus, and without stepping down, Right Roundhouse Ball Kick to temple. Cross and on guard.

