

COMBINATION #12

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

Combination 12 introduces one of the most powerful kicks of all: the Spinning Back Kick. Despite its name, the Spinning Back Kick is still a linear kick; the spin happens before launching the back kick. Remember to let your guard change positions as you turn.

Start in Left Fighting Stance. 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. Keeping your eyes on your opponent, cross right foot in front of left, and step out on guard.

BROWN BELTS AND ABOVE

OPTIONAL VARIATION:

After the Front Ball Kick, step down into Neutral 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.