

# COMBINATION #14

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

*When practiced correctly, Combination 14 will help you develop a strong, explosive jump, and a soft, ninja-like landing. This is a flashy technique that is best performed by young, springy martial artists. As you age, you may find it more appropriate to simply perform a Right Front Ball Kick, then step down and deliver a Left Back Kick to the rear, which is also an excellent combo.*

Start in Left Fighting Stance. As opponent attacks, execute #2 Knife-Hand Block. Scissor Kick with your right leg forward, striking the solar plexus. Switch the feet back to their original position before landing in a Left Fighting Stance.

