

COMBINATION #6

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

There are 108 Shaolin Combinations. Each Combination has at least one martial arts principle. Sometimes the principle is obvious, and sometimes it will take some digging to discover.

The principle of Combination #6 is: Your leg is longer than their arm. Deliver the kick before they get within reach to punch or grab you. Distance is your friend.

Start in Left Fighting Stance. As opponent attacks, deliver Right Front Ball Kick to solar plexus, stopping opponent's motion. Cross right foot in front of left, then step out on guard.

