

COMBINATION #8

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

In Combination 8, you will train two different kicks from the same Flamingo Stance. This will develop your core balance. This kick combo is sometimes referred to as the "Question Mark Kick." The first kick can be used as a feint to draw the opponent's guard down.

Start in Left Fighting Stance. As opponent attacks, execute #2 Knife-Hand Block. Deliver Right Front Instep Kick to groin, and without stepping down, Right Roundhouse Kick to head. Cross and on guard.

