

COMBINATION #9

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

Combination 9 is the sibling technique to Combination 8, and gives you the opportunity to practice a Double Roundhouse Kick. Combination 9 also reminds you to be prepared to continue fighting, even when you think you're finished. Keep your eyes on your opponent until you're certain there is no more danger, even when practicing to the air.

Start in Left Fighting Stance. As opponent attacks, execute #2 Knife-Hand Block. Deliver Right Roundhouse Kick toward opponent's left upper leg (IT Band), and without stepping down, Right Roundhouse Kick to head. Cross right foot in front of left into Twist Stance. Right Side Kick to floating ribs. Cross and on guard.

