

THE MIT TAE KWON DO CLUB

KICKING COMBINATIONS

“BP” stands for mid-section block followed by reverse punch to mid-section.
The descriptions are given for the case of starting with left side forward.

- White
1. BP, front kick, roundhouse kick, step behind, front side kick, BP.
 2. BP, roundhouse kick, back kick, BP.
- Yellow
1. BP, out-to-in crescent kick, sliding side kick, roundhouse kick, BP.
 2. BP, jumping front kick, roundhouse kick, hooking kick, BP.
- Green
1. BP side kick, back kick, step, back kick, BP.
 2. BP, roundhouse kick, step behind, front hooking kick, back kick, BP.
- High Green
1. BP, front roundhouse kick, sliding roundhouse kick, jumping roundhouse kick, BP.
 2. BP, out-to-in crescent kick, turning crescent kick, step, in-to-out axe kick, BP.
- Blue
1. BP, double front side kick (low high), sliding front hooking kick, hooking kick, hooking kick, BP.
 2. BP, out-to-in axe kick, jump turning axe kick, back kick, BP.
- High Blue
1. BP, reverse roundhouse kick, roundhouse kick, tornado kick, BP.
 2. BP, step, jumping side kick, jumping back kick, (step) flying side kick, BP.
- Red
1. BP, back-leg front hooking kick, sliding double roundhouse kick (low high), jump hooking kick, BP.
 2. BP, hooking kick and roundhouse kick (without putting foot down), front kick, sliding in-to-out axe kick, BP.
- Middle Red
1. BP, roundhouse kick, jump turning in-to-out crescent kick, split kick, fighting stance block, BP.
 2. BP, step, in-to-out axe kick, 180° jumping axe kick, sliding front hooking kick, 180° jumping roundhouse kick, BP.
- High Red
1. BP, double side kick (low high), back kick, jump turning back kick, BP.
 2. BP, jumping roundhouse kick, jumping front-and-roundhouse kick, jumping roundhouse-and-roundhouse kick, BP.
- Black I Rec.
- Left side kick to side and side kick to back (without putting foot down), back kick to back, sliding side kick to front, left jumping back kick to back, stationary jumping side kick to front, step forward, jumping side kick, BP.
- Black I Det.
- Sliding double roundhouse kick (low high), sliding double roundhouse kick to back (low high), turn to front, 180° jumping roundhouse kick, step, jumping roundhouse kick, BP.
- Black I Adv.
- 180° jumping side kick, sliding double side kick (low high), jumping back kick, BP.