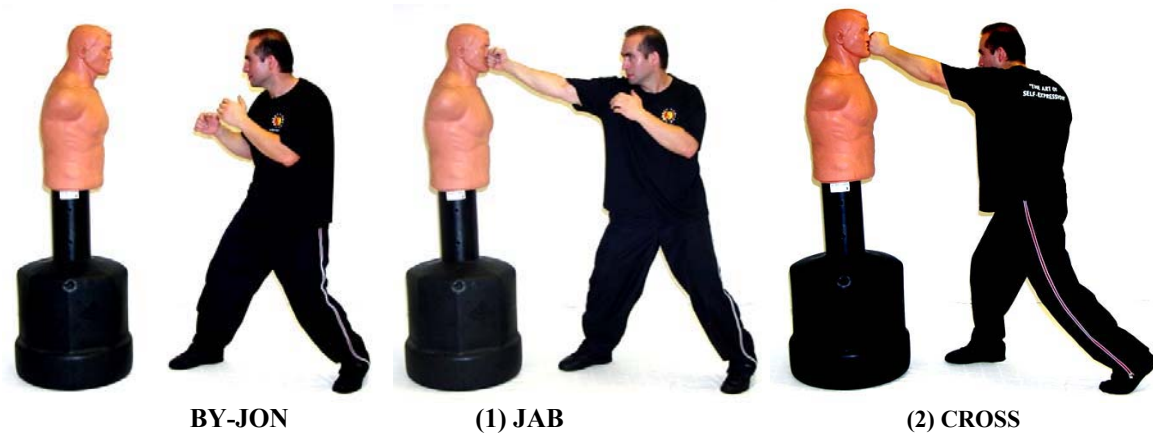
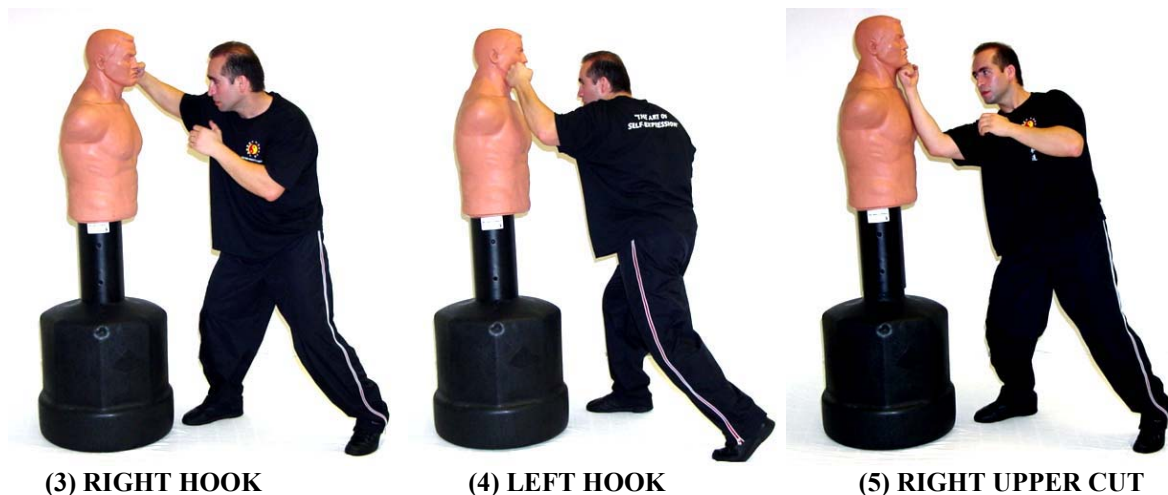


## BASIC PUNCHING AND KICKING COMBINATIONS

All the punching and kicking power must come from pivoting and from the hips. The hands must remain loose, not clenched, until the moment of impact on both the left and right sides. The rear hand must remain near the face, not clenched, but in a guarding hand position. The rear heel must remain up, ready for a coil spring action. Push with the ball of the foot for added power. With the heel down, you will not achieve full results. Also feel free to add footwork, advance, retreat, and get set side-to-side. Be creative: don't just stand still. Move around and circle the target. Try to hit it from every angle, because you must learn to attack from any direction. If you have a right lead, you can also train your left lead. Again, this depends on your power, the strongest side must remain forward.



From a fighting stance, line up with the target, feet wider than your shoulders (refer to **BY-JON** for the proper stance). Jab with a right vertical punch to the target's head in a straight line. Rotate the hips and the rear foot. Execute a rear left vertical cross. The front foot must remain at an angle. The reason for this is that you don't want to step over with the right foot, or you will open up your groin area. It's OK to do this in boxing, but in kickboxing, where there are no rules, you will get kicked in the groin. In addition, advancing a retreat gives better mobility.



Remain in the same position. Execute a front right hook to the side of the target. Keeping the wrist bent in slightly, and the elbow also bent at a 45° angle, rotate the hips and the rear foot as you execute a rear hook in the same way as the front hook. Move back to the original position, and execute a front upper cut under the target's chin at a 45° angle. The rear hand must remain up.





**(6) LEFT UPPER CUT**



**(7) LOW HAMMER**



**(8) BACK HAND**

Rotate the hips and the rear foot as you execute a rear upper cut under the target's chin at a 45° angle. Return to the original position, drop down to a low hammer punch not rotating the hips, and execute a backhand to the side of the target's head.



**(9) SHOULDER STOPS OPEN HAND**



**(10) BOB & WEAVE LEFT**



**(11) BOB & WEAVE RIGHT**

The shoulder stop is mainly used to push the opponent back from coming in any closer, or to stop him in his tracks. Push back against the target's shoulder or collarbone with an open palm. Crouch down as you bob and weave side-to-side. Your hands must remain up and your knees bent, eyes on the target at all times. Never look down when bobbing and weaving, and never hunch your back.





**JAB**

**CROSS**

**FRONT HOOK**

**REAR HOOK**



**BACK HAND**

**FRONT OR REAR UPPERCUT**

**FRONT OR REAR CORK SCREW**

**STRAIGHT ELBOW**



**OUTWARD ELBOW**



**INWARD ELBOW**

**Punching Combinations**

**BOTH SIDES RIGHT AND LEFT LEAD  
Fist clenched only at moment of impact.**

- Jab / Cross**
- Jab / Hook**
- Jab / Uppercut**
- Jab / Hook / Hook**
- Jab / Uppercut / Uppercut**
- Jab / Hook / Back Hand Hook**
- Jab / Bob and Weave Hook / Hook**
- Low Hammer / Back Hand Hook**
- Low Hammer / Back Hand Hook / Back Hand Hook**
- Jab / Elbow / Back Hand Hook**
- Jab / Elbow / Back Hand Hook / Hook**
- Shoulder Stop / Cross / Hook / Backhand**
- Jab / Cross / Knee**



**IF YOU PREFER JUST TO DO BOXING COMBINATIONS, HERE ARE A FEW MORE IDEAS.**  
 These can be done with right foot forward or left foot forward. Any foot forward is conceded (one);  
 rear foot is (two)

**FRONT JAB IS ONE - 1**  
**REAR CROSS IS TWO - 2**  
**FRONT HOOK IS THREE - 3**  
**REAR HOOK IS FOUR - 4**  
**FRONT UPPER CUT IS FIVE - 5**  
**REAR UPPER CUT IS SIX - 6**

**YOU CAN MIX THEM UP. FOR EXAMPLE:**

**1-2 JAB CROSS**  
**1-3 JAB REAR HOOK**  
**2-6 CROSS REAR UPPER CUT**  
**1-1-4 JAB, JAB, REAR HOOK**  
**1-2-5-3 JAB-CROSS-FRONT UPPERCUT-FRONT HOOK**  
**5-6-3-4 FRONT UPPERCUT -REAR UPPERCUT-FRONT HOOK-REAR HOOK**  
**THIS WAY YOU WILL HAVE AN UNLIMITED NUMBER OF COMBINATIONS**

**ADDED KICKING COMBINATIONS**  
**BOTH SIDES (RIGHT AND LEFT) LEAD**



**Jab / Cross / Front Kick**  
**Hook / Hook Round House**  
**Uppercut / Uppercut / Side Kicks**  
**Front Kick / Round House / Round House**  
**Front Kick / Side Kick / Back Kick**  
**Round House / Round House / Back Kick**  
**Round House / Hook Kick / Round House**  
**Step / Slide / Side Kick**  
**Step / Slide / Side Kick / Back Kick**  
**Double Front Kicks**  
**Oblique Kick / Round House / Round House**  
**Inverted Kick / Side Kick / Round House**  
**Inside Crescent / Round House**  
**Outside Crescent / Back Kick**  
**Rapid Round Houses on each side**  
**Mix and Match**

These combinations should be practiced every day or every other day to train your reflexes, so that they will be there when you need them. These combinations are only examples and can be mixed and matched, depending on whether you want to kick high, punch low, or vice versa. As you become better, you can change the combination any way you like to suit you, and you should feel free to improve on it.



*Since JKD uses a broken rhythm, you can also use a negative (-) and positive (+) combination. A negative is any hit that will land on the target, but does not have much power. It is mostly used to fake the opponent, opening him up for a positive attack. The positive attack will land on the target to score a knock-out.*

(-) R-JAB (-) L- CROSS (+) R-JAB  
 (+) R-JAB (-) L-CROSS (+) R- HOOK

(-) R-JAB (+) L-CROSS  
 (-) JAB (+) L-HOOK (+) R-HOOK

(-) R-JAB (+) R-JAB (+) L-CROSS  
 R-UPPER CUT (-) L-UPPER CUT

(+) R-JAB (+) L-CROSS (-) R UPPER CUT(+)  
 (+) R-HOOK (+) LEFT HOOK (-) R-UPPER CUT

**YOU CAN ALSO ADD KICKS TO THE BROKEN RHYTHM COMBINATIONS.**

(-) R-JAB (+) L-CROSS (-) R- FRONT KICK  
 (-) R-JAB (-) L- CROSS (+) R-JAB (-) L-FRONT KICK  
 (+) R-JAB (-) L-CROSS (+) R- HOOK (+) ROUND HOUSE  
 (-) JAB (+) L-HOOK (+) R-HOOK (+) R-SIDE KICK  
 (-) R-JAB (+) R-JAB (+) L-CROSS (+) L-ROUND HOUSE  
 (+) R-JAB (+) L-CROSS (-) R UPPER CUT (-) L-SPINNING BACK KICK  
 (+) R-UPPERCUT (-) L-UPPERCUT (+) R-SIDE KICK  
 (+) R-HOOK (+) LEFT HOOK (-) R-UPPERCUT (+) L- OUTSIDE CRESCENT KICK

**USE ANY KICK COMBINATION.**

(-) LOW KICK (+) HIGH KICK  
 LOW KICK

(+) HIGH KICK (+) HIGH KICK (-) LOW KICK (+)

(+) LOW KICK (+) HIGH KICK  
 (-) HIGH KICK (+) LOW KICK  
 (+) MID KICK (+) HIGH KICK

(+) MID KICK (-) HIGH KICK (-) LOW KICK  
 (-) LOW KICK (-) MID KICK (+) MID KICK  
 (+) HIGH KICK (+) LOW KICK (+) MID KICK

(-) LOW KICK (+) MID KICK (-) LOW KICK (+) MID KICK (-) HIGH KICK  
 (+) HIGH KICK (+) MID KICK (+) HIGH KICK  
 (-) LOW KICK (-) MID KICK (+) HIGH KICK (+) LOW KICK  
 (+) LOW/LOW KICK (+) HIGH/LOW LOW  
 (-) MID/HIGH KICK (+) HIGH/HIGH KICK  
 (+) MID/LOW KICK (-) HIGH/MID/LOW KICK  
 (+) HIGH/MID KICK (+) HIGH/LOW HIGH  
 (-) HIGH/LOW KICK (-) MID/LOW/HIGH KICK  
 (+) HIGH/LOW/HIGH (-) LOW/LOW/MID  
 (+) LOW/HIGH/HIGH KICK (-) LOW/HIGH/LOW KICK (+) LOW/LOW/MID/MID/HIGH/HIGH KICKS

