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.

BY-JON  (1) JAB (2) CROSS

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.

(3) RIGHT HOOK (4) LEFT HOOK   (5) RIGHT UPPER CUT

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.

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(6) LEFT UPPER CUT  

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.
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 UPPER CUT-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-JAB (+) L-CROSS (-) R UPPER CUT(+)
(-) R-JAB (+) L-CROSS (-) R- FRONT KICK

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

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 (+) R-SIDE KICK
(+) R-JAB (+) L-CROSS (+) R- HOOK (+) ROUND HOUSE
(-) R-JAB (+) L-ROUND HOUSE
(+ )R-JAB (+) 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
(+ ) HIGH KICK (+) HIGH KICK (-) LOW KICK (+)
LOW KICK
(+ ) LOW KICK (+) HIGH KICK
(+ ) MID KICK (-) HIGH KICK (-) LOW KICK
(-) HIGH KICK (+) LOW KICK
(-) LOW KICK (-) MID KICK (+) MID KICK
(+ ) MID KICK (+) HIGH KICK
(+ ) HIGH KICK (+) LOW KICK (+) MID KICK
(-) LOW KICK (+) MID KICK (-) LOW KICK (+) MID KICK (-) HIGH KICK
(+ ) HIGH KICK (+) MID KICK (+) HIGH KICK
(+ ) LOW/LOW KICK (+) HIGH/LOW LOW
(-) MID/HIGH KICK (+) HIGH/HIGH KICK
(+ ) HIGH/LOW KICK (-) HIGH/MID/LOW KICK
(+ ) HIGH/MID KICK (+) HIGH/LOW HIGH
(-) HIGH/LOW KICK (-) MID/LOW/HIGH KICK
(+ ) HIGH/LOW/LOW/LOW (-) LOW/LOW/MID
(-) LOW/LOW/HIGH (-) LOW/LOW/MID
(+ ) LOW/HIGH/LOW KICK (+) LOW/HIGH/LOW KICK (+) LOW/LOW MID/MID/LOW/HIGH KICKS