

Heavy Bag Combinations

- I. A. LNB
 - 1. L front snap kick
 - 2. L hook or jab
 - 3. R ridge hand or R front thrust kick (plant forward)
 - 4. R inward elbow
 - 5. L inward elbow with L knee
- B. RNB
 - 1. L reverse lunge punch with R hand clearing outside
 - 2. L roundhouse kick low
 - 3. L back knuckle high
 - 4. R ridge hand high
- C. RNB
 - 1. L reverse lunge punch with R clearing hand outside
 - 2. L roundhouse kick high
 - 3. L back hammer fist low with R palm heel high (universal block motion)
 - 4. R spinning back elbow CW
 - 5. R hooking heel kick leaving
- D. LNB
 - 1. L skip kick
 - 2. L back knuckle or stop check with a vertical thrust punch
 - 3. R vertical snap punch
- E. LNB
 - 1. L clear as you R vertical lunge punch with a R front thrust kick. Plant forward.
 - 2. R back hammer fist low
 - 3. L spinning back knuckle and L back kick CCW
 - 4. R back kick
- F. LNB
 - 1. and 2. Same as E.
 - 3. L spinning back knuckle and L outward crescent kick CCW
 - 4. Follow with a R inward crescent kick and a R vertical thrust punch