



KEMPO JUV JITSU

DOJUVJITSU.COM



CHIRYOKU RYU

STUDENT NAME



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STRIKING AND KICKING COMBINATIONS

SINGLE VS. MULTIPLE:

WHEN STRIKING, IT IS BEST TO COMBINE A NUMBER OF STRIKES AND/OR KICKS; AS THIS IS MUCH HARDER FOR YOUR OPPONENT TO DEAL WITH.

FOR YOUR SECOND BLACK TAB, YOU MUST BE ABLE TO DEMONSTRATE (WITH SPEED, PRECISION, POWER AND 'PROPER' TECHNIQUE) A NUMBER OF SIMPLE COMBINATIONS:

JAB, CROSS

JAB, JAB, CROSS

JAB, CROSS, FRONT KICK

LEFT HOOK LOW, LEFT HOOK HIGH, CROSS

BACKFIST, LOW CROSS

JAB, CROSS, HOOK, UPPERCUT

TRAIN AS MANY COMBINATIONS AS POSSIBLE,
GET USED TO FLOWING
FROM ONE STRIKE/KICK TO ANOTHER