

SENSEI KIMURA'S FIGHTING COMBINATIONS

All the following combinations are from left fighting stance. Additional practice on the right side is recommended. START ALL COMBINATIONS WITH A SLIDE, and finish with an open hand thrust with the withdrawn hand.

Combination 1.

- A. Right step over, right head punch thrust.
- B. Right step over, right head punch, left body punch thrust.
- C. Right one leg body punch, land forward thrust.
- D. Right step over right body punch thrust, step over again, right body punch thrust.

Combination 2.

- A. Right reverse body punch thrust.
- B. Right reverse body punch, left head punch thrust.
- C. Left open hand fake thrust, right body punch thrust.
- D. Left back fist, right body punch thrust.

Combination 3.

- A. Left leading hand head punch thrust.
- B. Left chest height punch, right head punch thrust.
- C. Slide back to right 45%, left head punch thrust.
- D. Slide back to left 45%, left back fist, right body punch thrust.

Combination 4.

- A. Right front kick, project forward, right head punch thrust.
- B. Right front kick, project forward, left body punch thrust.
- C. Right front kick, followed by one leg body punch thrust.
- D. Right thigh-level turning kick, land back with kicking leg, left back fist, right body punch thrust.

Combination 5.

- A. Skip in left front kick, right body punch thrust.
- B. Fake body punch thrust, skip in left front kick, right body punch thrust.
- C. Skip in left roundhouse kick, right body punch thrust.
- D. Right one leg body punch, step over left roundhouse kick, left back fist.

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Combination 6.

- A. Step back, right knife hand block, left body punch thrust, step forward and repeat on opposite side.
- B. Step back right knife hand block, right back fist, step forward and repeat on opposite side.
- C. Slide back right head height palm hand block, left head punch thrust.
- D. Slide back right head palm block, left chest palm block, right body punch thrust.

Combination 7.

- A. Left open hand down block, right body punch thrust.
- B. Left open hand down block, left head punch thrust.
- C. Step back right down block, left body punch thrust, forward and repeat on opposite side.
- D. Step back, downward cross block, right back fist, step forward, downward cross block, right body punch thrust.

Combination 8.

- A. One leg open right hand fake, land forward left body punch thrust.
- B. One leg open right hand fake, land forward left body punch, right head punch thrust.
- C. One leg open right hand fake, land forward right back fist.
- D. One leg open hand fake, right back fist, left body punch thrust.

Combination 9.

- A. Right foot sweep, hold for 5 seconds.
- B. Skip left foot sweep, hold for 5 seconds.
- C. Right foot sweep, step over right body punch thrust.
- D. Right foot sweep, right back fist.

Combination 10.

- A. Right front kick, left roundhouse kick.
- B. Right front kick, left back kick.
- C. Right front kick, step through right side kick.
- D. Right back kick, step in right hook kick.