



**Stand Up ★ Stand Proud ★ Stand Out**

## KRAV MAGA/WARRIOR COMBAT SYSTEMS WARRIOR COMBINATIONS

1. JAB
2. JAB            CROSS
3. CROSS        HOOK            CROSS
4. JAB            CROSS            HOOK            CROSS
5. R UPPERCUT    L HOOK        R CROSS        L HOOK
6. L UPPERCUT    R CROSS        L HOOK        R CROSS
7. DUCK LEFT      L HOOK        R CROSS        L HOOK
8. DUCK RIGHT    R CROSS        L HOOK        R CROSS
9. EVADE LEFT    JAB            CROSS
10. EVADE RIGHT   R CROSS        L STRAIGHT    JAB
11. COVER L BODY   DUCK LEFT    L HOOK TO BODY   L HOOK        R CROSS        L HOOK
12. COVER R BODY   DUCK RIGHT   R HOOK TO BODY   R UPPERCUT   L HOOK        R CROSS
13. COVER WITH L LOW KICK        R CROSS                    L HOOK        LOW R ROUND KICK
14. COVER WITH R LOW KICK        L HOOK            R CROSS        SHUFFLE        LOW L ROUND KICK
15. R ELBOW            L ELBOW        R ELBOW        3 KNEES
16. L HOOK            R ELBOW        L ELBOW        SPIN R ELBOW        L ELBOW        3 KNEES
17. STEP FRONT LEFT KICK            BACK LEG ROUND KICK        SAME LEG SPIN BACK KICK
18. #2 FRONT KICK    #2 ROUND KICK        REVERSE SIDE KICK

**KARATE  
AMERICA**

ACCREDITED BY

