

Danny Lane's **World Martial Arts Centers**

"Fighting Combinations"

1. Left Jab, Left Standing Front Kick, Left Jab, Right Cross, Step Through Right Front Kick, Right Shuffle Side Kick, Right Back Fist, Left Cross Left Spinning Round Kick, Spinning Back Kick, Back Fist, Left Cross.

2. Left Jab, Right Cross, Step Through Right Front Kick, Right Jab, Left Cross, Left Spinning Round Kick, Spinning Back Kick, Back Fist, Left Cross, Right Jump Front Kick, Lunge Back Fist, 180 Degree Spin Left Back Fist, Lunge Reverse Vertical Punch.

3. Shuffle Left Jab, Right Reverse Punch, Step Through Right Rolling Back Fist, Left Reverse Punch, Left Front Kick, Left Jab, Right Cross, Right Inside Crescent, (advanced only) Jump Spinning Inside Crescent, Spinning Left Back Fist, Right Ridge Hand, Left Under Punch.

4. Left Jab, Slide up Left Round Kick, Left Jab, Right Reverse Punch, Right Spinning Side Kick, Left Spinning Back Kick, Left Back Fist, Right Reverse Punch, Right Outside Crescent, Right Jab, Left Cross, Left Spinning Round Kick, Right Spinning Heel Kick, Follow up Punching Combination.