



# WORLD SONG MOO KWAN ASSOCIATION™

## Taekwondo White Belt Curriculum

### SPARRING COMBINATIONS

#### COMBINATION #1

- Step-up with right foot, left foot front kick / Set left foot in front into left sparring stance / Right foot front kick / Set right foot in front into right sparring stance / Left hand reverse snap punch with KIHAP
- Step-up with left foot, right foot front kick / Set right foot in front into right sparring stance / Left foot front kick / Set left foot in front into left sparring stance / Right hand reverse snap punch with KIHAP

#### COMBINATION #2

- Step-up with right foot, left foot front kick / Set left foot in front into left sparring stance / Right foot roundhouse kick / Set right foot in front into right sparring stance / Right hand backfist with KIHAP
- Step-up with left foot, right foot front kick / Set right foot in front into right sparring stance / Left foot roundhouse kick / Set left foot in front into left sparring stance / Left hand backfist with KIHAP

#### COMBINATION #3

- Step-up with right foot, left foot double roundhouse kick / Set left foot in front into left sparring stance / Right foot roundhouse kick with KIHAP / Set right foot in front into right sparring stance
- Step-up with left foot, right foot double roundhouse kick / Set right foot in front into right sparring stance / Left foot roundhouse kick with KIHAP / Set left foot in front into left sparring stance

#### COMBINATION #4

- Slide forward, double snap punch (left then right) / Right foot roundhouse kick and KIHAP / Set right foot in front into right sparring stance
- Slide forward, double snap punch (right then left) / Left foot roundhouse kick and KIHAP / Set left foot in front into left sparring stance

#### COMBINATION #5

- Step-up with right foot, left foot side kick / Set left foot in front into left sparring stance / Turn 180-degrees to the right, right hand hammer strike and KIHAP
- Step-up with left foot, right foot side kick / Set right foot in front into right sparring stance / Turn 180-degrees to the left, left hand hammer strike and KIHAP

#### COMBINATION #6

- Slide back, left arm low block and return to guard position / Right hand reverse snap punch / Right foot front kick and set right foot in front / Step-up with left foot, right foot side kick and KIHAP / Set right foot in front into right sparring stance
- Slide back, right arm low block and return to guard position / Left hand reverse snap punch / Left foot front kick and set left foot in front / Step-up with right foot, left foot side kick and KIHAP / Set left foot in front into left sparring stance

#### COMBINATION #7

- Slide back, left arm out-to-in block / Right hand ridgehand strike / Right foot roundhouse kick and set right foot in front / Step-up with left foot, right foot side kick and KIHAP / Set right foot in front into right sparring stance
- Slide back, right arm out-to-in block / Left hand ridgehand strike / Left foot roundhouse kick and set left foot in front / Step-up with right foot, left foot side kick and KIHAP / Set left foot in front into sparring stance

#### COMBINATION #8

- Left hand backfist strike / Right hand ridgehand strike / Right foot roundhouse kick and KIHAP / Set right foot in front into right sparring stance
- Right hand backfist strike / Left hand ridgehand strike / Left foot roundhouse kick and KIHAP / set left foot in front into left sparring stance

**TAEKWONDO**

