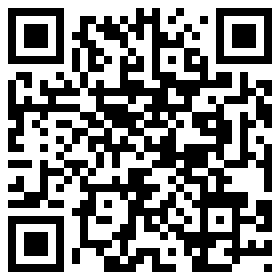
CREATIVE COMBAT



(Ready stance is with the right leg forward, knees bent and tummy in tight, arms up- fists by jawline)

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| --- | --- | --- | --- |
| Number | Counts | Choreography (start at ready stance) |  |
| 1 | 1-4  5-8 | 2 jabs with right arm , 1 straight with left arm followed by a rest count. (2x) |  |
| 2 | 1-4  5-8 | Double knee strike left  four rebounces (low jumps) |  |
| 3 | 1-4  5-8 | 2x Hooks with left arm  followed by duck move. |  |
| 4 | 1-4  5-8 | Step left forward, kick right leg up, step right back, step left back  Rest |  |
| 5 | 1-4  5-8 | double jab with right, 1 hook with left,  double jab with right, 1 hook with left |  |
| 6 | 1-4  5-8 | Duck  Elbow with the left, palm of the right hand against the fist |  |
| 7 | 1-4  5-8 | Front Kick with right  Double knee strike with left |  |
| 8 | 1-4  5-8 | Kick – step right high forward  Kick –step left high forward |  |
| 9 | 1-2  3-4  5-6  7-8 | Swing with left arm  Duck down  Swing with left arm  Duck down |  |
| 10 | 1-2  3-4  5-6  7-8 | Switch; jump with ½ turn  Switch: jump with ½ turn  Switch: jump with ½ turn (ending with left leg forward)  Bounce (rest) |  |
|  |  |  |  |
|  |  |  |  |