

Padwork & Sparring Combinations

Simple drills to help students practise sparring combinations to develop speed, distancing and timing against real opponents.

No. 1 (Required for White Belts):

Jab > cross in Sparring stance:

On Focus Mitts: In a 'fighting stance', execute lead hand jab followed by rear hand cross at head height. (Padholders to hold pads at head height and close together)

Front Kicks:

On Kick Shield: Execute Front kicks with the ball of the foot on both front and rear legs.

No. 2 (Required for Yellow Stripes):

Front leg Turning Kicks

On Kick Shield: Execute turning kick with the front leg (both right and left)

Combination: Jab, Cross > Axe Kick

Padholder (Focus Mitts): Holding smartie pads at head height (of opponent) for jab-cross punches, then take large step backwards and lower pad with pad facing upwards ready for axe kick.

Attacker: Execute jab-cross hand combination on the focus mitts starting with lead hand, then executing an Axe (Downward) kick, connecting rear of the heel with the focus mitt as the leg comes downward.

No. 3 (Required for Yellow Belts)

Back Fists

On Focus Mitts: Stepping lead leg forward and performing a high section back fist to the pad (perform on both sides, right and left)

Lift & Shift Side Kicks

On Kick Shield: Lift front leg into Side kick and shift forwards executing a sliding side kicks (both sides, right and left)

No. 4 (Required for Green Stripes):

Double Turning Kicks

On Focus Mitts: Execute double turning kicks with the front leg (both sides, right and left) – can be performed both at mid-section or mid-section then high-section.

Back Fist with reverse punch

On Focus Mitts: Stepping lead leg forward and performing a high section back fist to the pad, followed by reverse punch with the rear hand (perform on both sides, right and left)

Combination: Jab, Cross > Turning Kick

Padholder (Focus Mitts): Holding smartie pads at head height (of opponent) for jab-cross punches, then take large step backwards and turn 1 pad onto the side (facing inwards) ready for turning kick (setting pad height to the ability of the kicker) – to be performed on both left and right sides.

Attacker: Execute jab-cross hand combination on the focus mitts starting with front hand, then executing a rear leg turning kick, using the foot 'instep' to connect with the focus mitt as the leg comes round.

No. 5 (Required for Green Belts):

Hooking Kicks

On Paddle pad: (holding the pad between waist-head height depending on ability of student) Lift the front leg to execute a hooking kick with the rear of the heel (both sides, right and left).

Defensive Side Kicks

On Kick Shield (Padholder moves forward simulating attack): Lift front leg to execute a defensive Side kick then step back in guard (both sides, right and left).

No. 6 (Required for Blue Stripes):

Combination: Lead leg Side kick > Back Kick (attacking and defending)

Padholder: Holding kick shield covering torso for waist height side kick then taking full step back and keeping in position for the back kick.

Attacker: Lift front leg and perform lead leg side kick at belt height then placing foot down rotating straight into back kick at same height.

No. 7 (Required for Blue Belts):

Reverse Turning Kicks

On paddle pad: Execute reverse turning kick rotating a full 360 degrees, so the kicking leg should start and finish in the same place.

Combination: Side Shift > Jab, Cross > rear leg Turning Kick

Padholder: Holding smartie pads at head height (of opponent) for jab-cross punches, then take large step backwards and turn 1 pad onto the side (facing inwards) ready for rear leg turning kick (setting pad to waist height) – to be performed on both left and right sides.

Attacker: Shift to the outside of your opponent (front foot moves first, then rear), then execute a jab-cross hand combination on the smartie pads starting with lead hand, then executing a rear leg turning kick to partners torso area, using the foot 'instep' to connect with the smartie pad as the leg comes round.

No. 8 (Required for Red Stripes):

Combination: Jab, Cross > Twisting kick

Padholder: Holding smartie pad at head height for Jab, Cross hand combination then taking short step back and raising pad and placing on 45 degree angle

between waist-head height (depending on flexibility/ability of attacker) in position for the twisting kick.

Attacker: Execute jab-cross hand combination, starting with lead hand then stepping through with rear leg and performing twisting kick to floating ribs/head target areas.

Red belts and above are expected to perform all of the above!

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