

**FRONT KICK / CROSS / SWITCH STEP / KNEE**

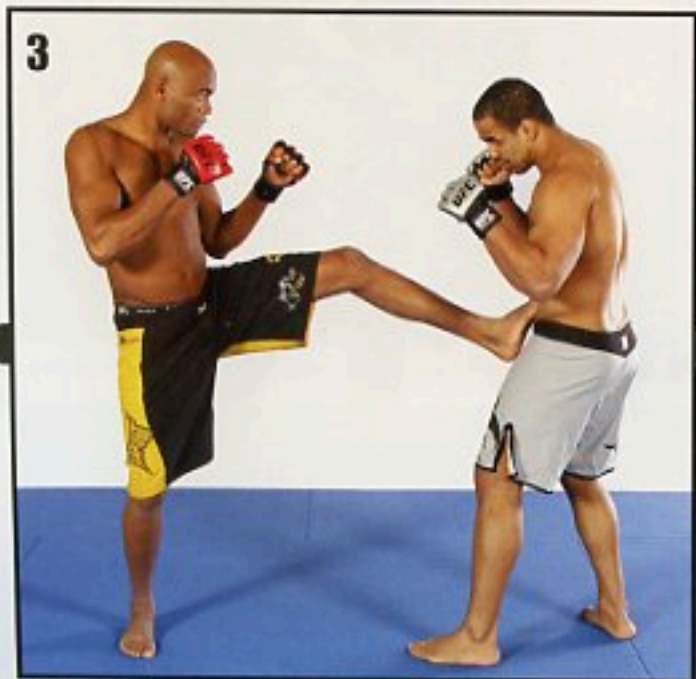
This combination is very similar to the previous one in that I attack my opponent's centerline with straight strikes, step to the outside of his lead leg to close the distance and acquire a dominant angle of attack, tie him up with a reverse collar tie, and then deliver a powerful knee to his midsection. The primary difference is with the strikes that I throw. In this sequence, I begin with a front kick to my opponent's midsection and then follow it with a cross. Next, I step to the outside of his body, secure the clinch, and throw a side knee to his solar plexus. Both combinations are equally effective—deciding which one to utilize boils down to personal preference and the situation you're presented with. If you're up against an opponent who constantly presses forward, beginning the combination with a front kick is a good way to maintain distance. If your opponent is a master at defending against kicks, you may want to utilize the previous combination and begin with a cross.



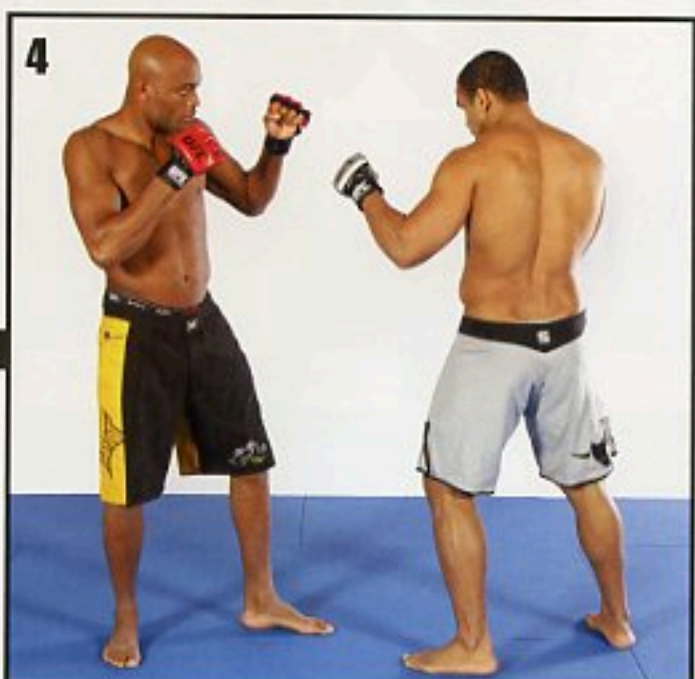
**1** Feijao and I are in standard stances, searching for an opening to attack.



**2** Shifting my weight onto my rear leg, I lift my left foot off the mat and prepare to throw a lead front kick.

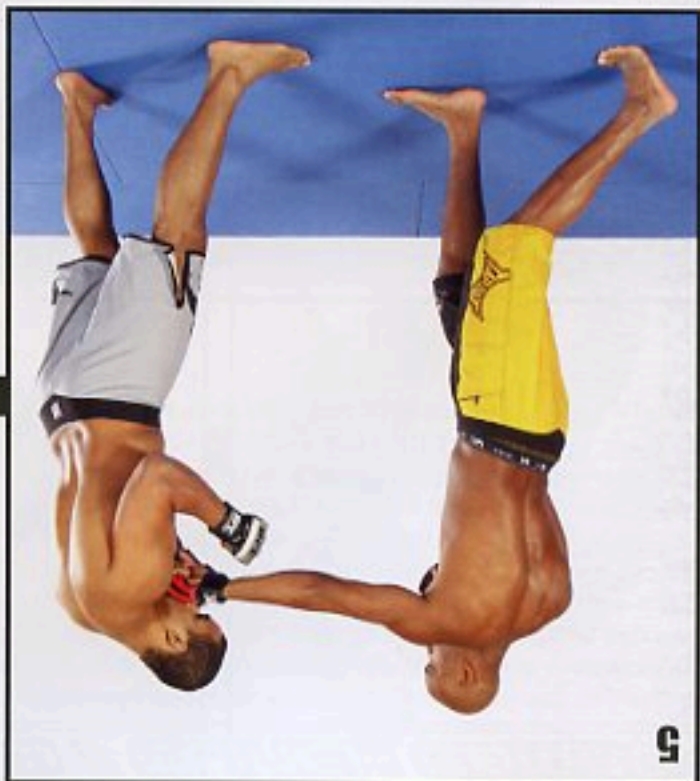


**3** I lift my left knee toward my chest, and then thrust my hips forward and strike Feijao's abdomen using the ball of my foot.

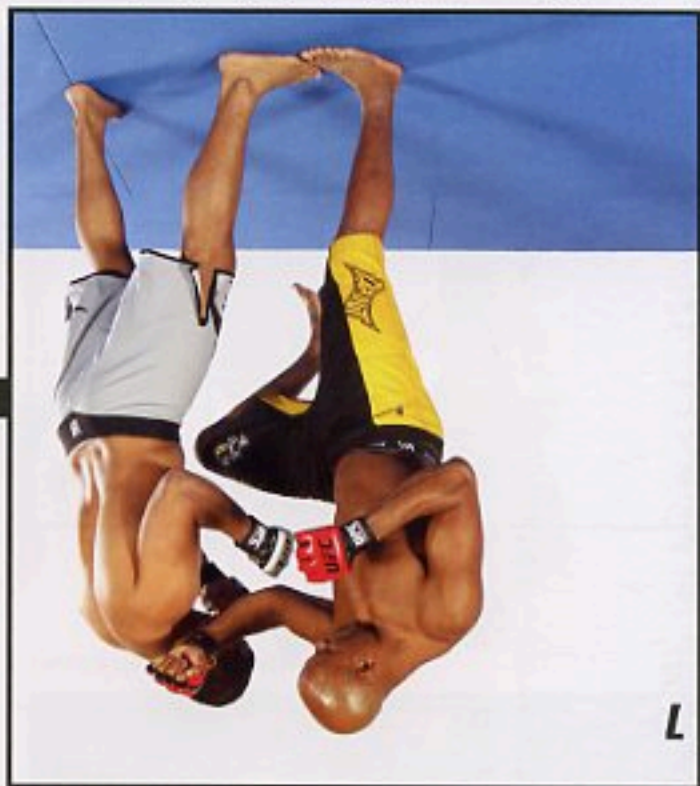


**4** I drop my left foot straight down to the mat and reestablish a standard stance.

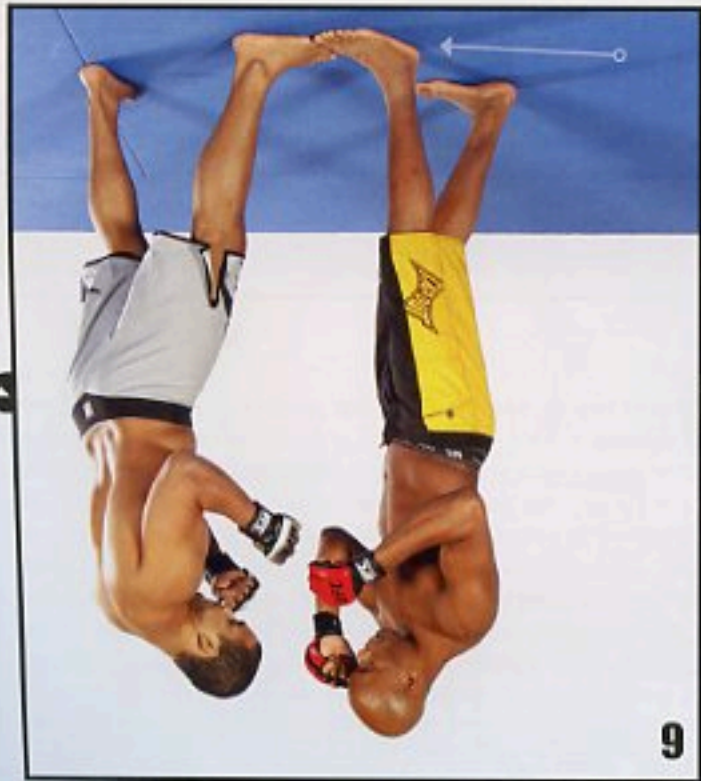




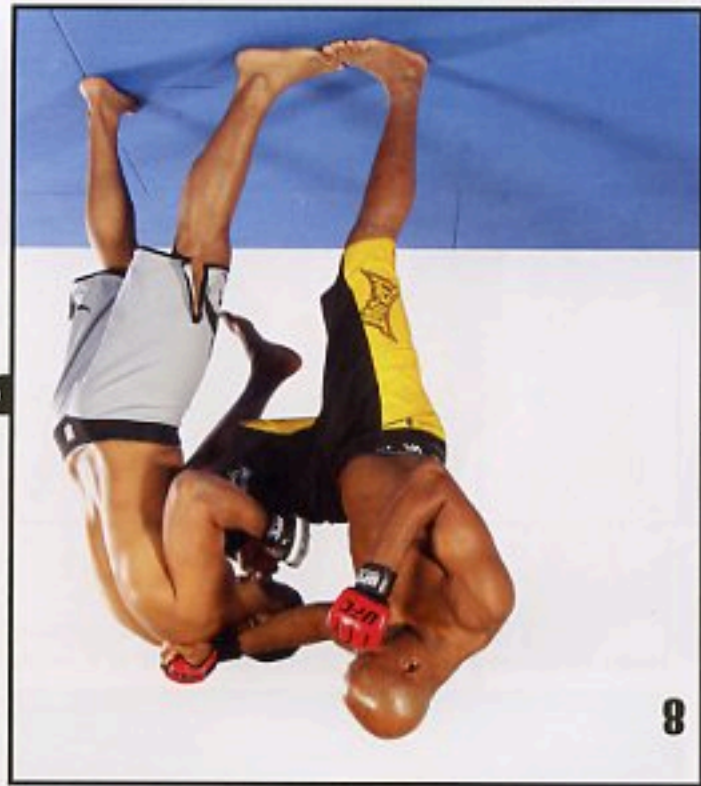
The instant I plant my left foot on the mat, I rotate my hips in a counterclockwise direction, shift my weight to my lead leg, pivot on the ball of my right foot, pull my left shoulder back, and throw a right cross to Feijiao's chin.



I reach my left arm past the left side of Feijiao's head, rotate my hips in a clockwise direction, dip my right shoulder toward my right side, and throw my left knee toward Feijiao's midsection.



Elevating my left arm for protection, I pull my right arm back into my stance, step my right foot to the outside of Feijiao's left leg to assume a southpaw stance and acquire a dominant angle of attack, and shift my weight onto my right leg.



I place my left hand on Feijiao's left shoulder and I drive my knee into his solar plexus.