



# SOUTH PERTH TAEKWON-DO



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## Mitt Work Combinations by Master Peter Barbour

1. Warm up
2. X: RLS paddle in front hand                      Y: RLS mitt in front hand  
X: step in TK/SK                                      Y: 360° Rev hook K  
X: BK →FK→step TK                              Y: step in axe K →FK → BK  
X: FFSK→360° spin back fist S                      Y: jump DP
3. X:LLS shield in back hand                      Y:RLS  
X: jab with front hand                              Y: Hi BDP (B with front hand)→front hook→right elbow→grab behind neck→R knee
4. X: RLS paddle in front hand                      Y: RLS  
1. X: step in TK                                      Y: R outer FB, counter: DP→FK (R)  
2. X: step in TK→rev P                              Y: R outer FB→L inward B, counter: RP→step LP→left axe K  
3. X: step in TK→rev P→left hook with paddle  
Y: R outer FB→L inward B→duck (counter clockwise)  
Counter: DP→left hook→spot jump BK
5. X: RLS FGB paddle in front hand                      Y: RLS FGB  
A. X:step in TK                                      Y: R outer FB→L Punch→360° rev cres K  
B. X: step in SK                                      Y: waist push B→front jab→L axe K  
C. X: R FK→(R) front jab                              Y: L knife LB→L rev knife med B→spot jump FK→DP
6. X: LLS paddle in back hand                      Y: RLS FGB  
A. X:FK    Y:Low BDP (B with back hand)→step rev P→left axe kick  
B. X: step in TK→rev P→left hook with paddle  
Y:R outer FB→L inward B→duck (counter clockwise)→DP→left hook→spot jump BK  
C. X: BK    Y: knife SB→rev hook K→SK (same leg)→DP
7. X: RLS mitt in front hand                      Y: RLS  
X: step TK→rev P                                      Y: R outer FB→L inward B→360° rev backfist  
X: med rev TK                                      Y: pivot on front foot move in, waist B→spot jump BK  
X: FK    Y: low BDP→rev P→grab back of neck→knee lift