

# Thai Pad Combinations 1 to 12

1	Double Jab, Cross, Jab	Targets - Head, head, head, head
2	Jab, Cross, Roundhouse (rear)	Targets - Head, head, body
3	Jab, Hook (lead), Cross	Targets - Head, head, head
4	Push Kick (lead), Jab, Cross	Targets - Body, head, head
5	Body Jab, Cross, Hook (lead), Overhand Punch (rear)	Targets - Body, head, head, head Opponent - Jab (start)
6	Switch Stance Inside Leg Kick (rear adv), Cross, Jab, Side Kick (lead)	Targets - Legs, head, head, body
7	Body Hook (lead), Head Hook (lead), Cross, Uppercut (lead)	Targets - Body Head Head Head Opponent - Cross (start)
8	Jab, Cross, Roundhouse (rear adv) , Knee (lead), Downward Elbow (rear)	Targets - Head, head, body, body, head
9	Jab, Duck (rear to lead), Hook (lead), Cross	Targets - Head, head, head Opponent - Hook (rear)
10	Jab, Cross, Hook, Side Kick (lead), Back Thrust	Targets - Head, head, head, body, body
11	Jab, Cross, Slip (to rear), Slip (to lead), Duck (lead to rear), Cross	Targets - Head, head, head Opponent - Jab, cross, hook (lead)
12	Round Knee (rear adv), Round Knee (lead adv), Forward Knee (rear stat), (push feeder away) Roundhouse	Targets - Body, body, body, body