

Advanced Tigers Form Sheet November and December 2022

STANCES: Closed Stance, Back Stance, Front Stance, Middle Stance, Sparring Stance

BLOCKS: Square Block, Front High-Low Block, Knife hand Block, Double Knife hand Block

STRIKES: Reverse Horizontal Elbow Strike, Back Elbow Strike, Vertical Punch, Reverse Horizontal Spear Hand Strike

Twin upset punch, Palm Heel Strike Front and Reverse

Kicks: Reverse Side Kick and rule, Step Reverse Side kick and rule, Spin Side Kick and rule, Step Spin Side kick and rule, Inner Crescent and Outer Crescent Kicks #1-#4, Hook Kick 1-4, Reverse hook kick, Spin hook kick, Step reverse hook kick, Step spin hook kick

Rules to Know: Step always goes in front of you, Reverse goes behind you and halfway around, Spin goes behind you and ALL the way around

Sparring Types

Testing Style

Black Belt Style

Tournament Style

Board Breaks

One hand and one foot

Color Belt Mid-range Bo Staff Form - Tigers

- Left foot steps back to left rear stance, horizontal high block on the diagonal (1:30pm is the angle)
- #4 strike
- Right foot moves to right front stance, #1 strike
- Curl (row your boat), stay in right front stance
- Stay in right front stance, overhead low block on the right side
- Look behind (to 7:30pm), pivot to left front stance (Right foot only pivots while you step out with the left behind you), overhead low block on the left side
- Reverse figure 8 (sweeping strike)
- Right foot steps to right front stance, #1 strike
- Left foot steps to middle stance, #7 strike (bo staff finishes this strike at chest level and parallel to the ground)
- Circular disarm
- Short step drag, stab with KIHAP
- Direction change back to 1:30 diagonal, move to right front stance with vertical block (left hand high)
- Stay in right front stance, #4 strike
- Stay in right front stance, #1 strike Bah-ro: Left foot steps back to parallel stance

