

# Red belt Advanced Tigers form sheet

**STANCES:** Front stance, Back Stance, Middle Stance, Sparring Stance, Rear Stance

**BLOCKS:** Double Inner Forearm Block, Double Knife hand Low Block, Knife hand High X-Block, Slow Knife hand square block, Low Block, Double outer forearm block, Knife hand square block, X low Block

**STRIKES:** Long Upset Ridge hand Strike, Reverse Upset Punch, Palm Heel Strike, Back Elbow Strike, Reverse Punch, Ridge Hand Strike

**KICKS:** #3 Jump Round Kick, Reverse Hook Kick, Round kick Side kick combo, #2 Front Kick

## STEP, REVERSE AND SPIN RULES:

Step always goes in front of you (eyes stay on target)

Reverse goes behind you and halfway around (take eyes off target before you kick)

Spin goes behind you and all the way around (take eyes off target before you kick, and foot will land where it started)

Right Regular Ready Position

1. Right Foot steps to Left Back Stance, Knifehand Square Block (Tension Movement).
2. Shift into Right Back Stance, Knife hand Square Block (Tension Movement).
3. Double Step Right Foot to left, Left Foot steps forward to Right Back Stance, Left Low Block. And...
4. In a continuous motion, Right Reverse Punch to middle section.
5. Step right foot forward to Left Back Stance, Right Low Block.  
And...
6. In a continuous motion, Left Reverse Punch to middle section.
7. #2 Left Round Kick to And...
8. In a continuous motion, Left Side Kick
9. Land in Left Front Stance, Double Inner Forearm Block
10. No step, Right Reverse Upset Punch.
11. Left Foot steps in line, then Right Foot steps forward to Left Back Stance, Right Palm Heel Strike **KIHAP**
12. No step, Left Reverse Palm Heel Strike to left side
13. #2 Left Front Kick Step down to Right Foot.
14. Right Foot steps clockwise 270 degrees to Middle Stance, Right Horizontal Elbow to right side high section.
15. Shift Right Foot to form Left Back Stance Knife hand Square Block (Fast)
16. Jump 180 degrees clockwise to Right Back Stance, Double Outer Forearm Block.
17. #3 Left Jump Round Kick (advance one front stance length).
18. Land in Left Sparring Stance Double Outer Forearm Block.
19. Right Foot steps clockwise 90 degrees to Left Rear Stance Double Knife hand Low Block.
20. Right Foot shifts to Middle Stance, Right Long Upset Ridge hand
21. Left Reverse Hook Kick **KIHAP** And...
22. Land in Right Back Stance Right Reverse Punch to middle section.
23. Left Ridge hand to high section.  
Right foot steps back to ready stance

Sparring Testing Style and Black Belt Style

Board Breaks one hand one foot