

Tigers Form Sheet

Stripe 1

Stances

Middle Stance, Front Stance, Back Stance

Blocks

Knife hand Low Block, Knife hand High Block, Double Knife hand Block

Strikes

Front Punch, Reverse Punch, Knife hand Strike, Back fist Strike, Vertical Spear hand Strike

Kicks

Front Kick #1, Round Kick #1 and #2, Jump Front Kick #3

Stripe 2

READY POSITION: Step out with Left foot to Natural Ready Position

1. Left Footsteps to Right Back Stance, Left Knife hand Strike
2. No step. Left Double Knife Hand Block
3. Left Foot pulls back to Right Foot, Right Front Kick, land in Right Front Stance with hands in Guard Position.
4. #2 Left Round Kick.
5. Land in Left Front Stance, Left Knife hand Low Block.
6. No step. Left Knife hand High Block.
7. Right Footsteps to Middle Stance. Right Punch. **KIHAP**. And...
8. In a continuous motion, Left Punch. **KIHAP**.
9. Left Footsteps counterclockwise 180 degrees to Middle Stance Right Vertical Spear Hand Strike. And...
10. In a continuous motion, Left Vertical Spear Hand Strike.
11. Right Footsteps to Right Front Stance, Right Low Block.
12. No step. Left Reverse Punch.
13. #3 Right Jump Front Kick (advancing 1 Front Stance length).
14. Land in Right Front Stance, Left Reverse Punch. **TIGERS STOP HERE**

Stripe 3

Nunchuck Moves:

Helicopter

Propeller

Triangle

V Strike

Figure 8

Around the World

Over Under