

# American Tiger Martial Arts & Fitness

## Hand Form 1

1. L down windmill block L kick stance and R open palm N to the throat
2. Step back with L S and L backhand S to the groin
3. Cross step L over R N into a L cross step and L 4 knuckle uppercut N to the groin
4. Pivot into a R 1/2 horse S and L 1 knuckle roundhouse punch E to the jaw
5. Pivot into a L 1/2 horse N and R 4 knuckle straight punch E to the bladder
6. Step R foot E into a R 1/2 horse and R double back chop E
7. R palm E to the spleen
8. Pivot into a L 1/2 horse W then step up with R into a R 1/2 horse W and R backhand W to the groin
9. Step R foot S into a R 1/2 horse and R double back chop S
10. Pivot into a L 1/2 horse N and R palm N to the nose
11. Step R foot E into a R 1/2 horse and L 4 knuckle straight punch E to the face
12. R 4 knuckle straight punch E to the bladder
13. Pivot into a L 1/2 horse W then step up with R W into a R kick stance and R palm claw down into the eyes while L covers face
14. Step back with R E into a L kick stance facing W and L claw down into the eyes with L while R hand covers face with a claw
15. Cross step R over L S into a R cross step and R back claw N
16. Pivot into a R 1/2 horse S and R 1 knuckle uppercut S to the throat
17. Pivot into a L 1/2 horse N and R backhand S to the groin
18. Step up with R into R 1/2 horse N and R hammer N to the nose L cover face
19. Step R foot behind L foot S into a L cross step and R back chop N
20. Step L foot S into a R 1/2 horse facing N and double backhands to the groin
21. Step L foot N into a L kick stance and double chops N and S bringing hands from above with palms facing E
22. Step up with R N into a R 1/2 horse and R 4 knuckle straight punch N then bring R hand to the L hip
23. Pull R foot into a R kick stance and salute N
24. Curl
25. Bring R foot and arms back to form stance