

American Tiger Martial Arts and Fitness

Hand Form 2

Form Stance:

1. L down windmill, R down windmill, R kick stance N and R 2 finger jab N into the eye
2. Step R foot down N into a R 1/2 horse then pivot into a L 1/2 horse S and R roundhouse palm claw S
3. Cross step R over L E into a R cross step and R 2 finger jab W into the eye
4. Cross step L over R W into a L cross step and L 2 finger jab E into the eye
5. Turn out of cross step, Pivot into a R 1/2 horse E and L straight punch E to the solar plexus
6. Pivot into a L 1/2 horse W and R straight punch W to the solar plexus
7. Pivot into a R 1/2 horse E and L backhand N to the groin
8. Pivot into a L 1/2 horse W and R uppercut N to the throat
9. Step up with R N into a R kick stance and R down windmill block across the thigh
10. Step back with R S into a L kick stance facing N and L block across thigh knuckles up
11. R palm N to the nose
12. L palm N to the liver
13. Cross step R over L W into a R cross step and L 2 finger jab W into the eyes
14. Cross step L over R E into a L cross step and R 2 finger jab E into the eyes
15. R side kick E to the knee
16. Cross step R over L W into a R cross step then turn & pivot into a L 1/2 horse E and R uppercut E to the throat
17. Step R foot S into a R 1/2 horse and R chop S
18. R snap kick S to the groin
19. Step R foot down, then step L foot S behind R and pivot into a L 1/2 horse S and R 4 knuckle straight S
20. Pivot into a R 1/2 horse N then R spinning backhand into a R 1/2 horse N
21. Step R foot back S into a L kick stance and double chop N and S bringing hands from below to chop palms facing W
22. Step up with R into a R 1/2 horse N 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