

American Tiger Martial Arts and Fitness

Hand Form 3

Form Stance:

1. Step out w/ R E into a full horse facing N and R down windmill block then R palm cover head and L palm cover groin
2. Pivot into a L 1/2 horse W and R 4 finger spear thrust W to the throat
3. Step R foot back and around S into a R 1/2 horse S and R backhand S
4. Step R foot E into a R 1/2 horse E and double blocks down at the same time and then R palm claw down into the eyes E while L cover face
5. Pivot into a L 1/2 horse W and L chop W
6. Pull L foot back into a L kick stance and L chop W to the jaw W
7. R 4 knuckle straight punch W to the face
8. Cross step R over L S into a R cross step and L 4 knuckle straight punch W to the bladder
9. Pivot into a L 1/2 horse N and R palm E to the jaw
10. R snap kick E
11. Cross step R foot over L W into a R cross step and R back claw E
12. Pivot into a L 1/2 horse E and R uppercut palm grab E to the throat
13. Step R foot S into a R 1/2 horse and double back fist S to the sternum
14. Pivot into a L 1/2 horse N and R 4 knuckle uppercut N to the groin
15. Pivot into a R 1/2 horse S and R backhand S to the groin
16. L backhand N to the groin
17. Pivot into a L 1/2 horse N and R 4 knuckle straight punch N
18. Pull L foot into a L kick stance and double forearm hammers parallel to the thigh
19. Cross step R foot across L into a R cross step and double back chops N and S palms flat
20. Pivot into a R 1/2 horse N and R uppercut roundhouse palm claw N to the face
21. Step R foot back S and into a L kick stance still facing N and double back chops E and W palms flat
22. Step up w/ R and into a R 1/2 horse N and R 4 knuckle straight punch N then bring R hand to 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