

American Tiger Martial Arts & Fitness

Hand Form 4

Form Stance N

1. L up windmill, R down windmill R kick stance N and R palm claw down to the eyes and face N
2. Step R foot E into a R 1/2 horse and R double chop E neck
3. Pivot into a L 1/2 horse W and L double chop W neck
4. Step R foot S into a R 1/2 horse S and R double chop S neck
5. Pivot into a L 1/2 horse N and R forearm hammer N to the neck
6. Step R foot over L W into a R cross step and R double chop E to the neck
7. Pivot into a L 1/2 horse E and R forearm hammer S to the neck
8. Step R foot back and around N into a L kick stance facing S and R double chop N to the neck
9. Step R foot W and R backhand W to the groin
10. Step R foot over L E into a R cross step E and R double chop W to the neck
11. Step L foot E into a R 1/2 horse facing W and L backhand E to the groin
12. Step up with L W into a 1/2 horse facing W and L extended straight punch W to the face
13. Step R foot N into a R 1/2 horse and R extended straight punch N
14. Pull R leg back into a R kick stance facing N and R down windmill block along the thigh
15. L 1 knuckle straight punch N solar plexus
16. R hammer N temple
17. Step R foot N into a R 1/2 horse and R chop throat and L palm to the jaw hinge (T-chop) N
18. Step R foot W into a R 1/2 horse as you double up windmill blocks and double palms liver and spleen
19. Step R foot N into a R 1/2 horse and R out block as you L palm claw N into the jaw and eyes
20. Pivot into a L 1/2 horse S and L out block and R palm claw S into jaw and eyes
21. Step R foot back and around S so that you end up in a L kick stance facing N and double chops palms flat N and S
22. Step up w/R into a R 1/2 horse N and R 4 knuckle straight punch N to the face then bring R hand to L hip
23. Pull R foot into a R kick stance and salute N
24. Curl your hands around and double back fists N to eyes
25. Bring R foot and arms back to form stance