

Prance of the Tiger

Theme: Create power with rotation.

Facing 12:00: Meditating horse stance (Scholar and the Warrior)

1. From a horse stance facing 12:00 execute an upward "X: Block.
2. Next is two back hammer fist strikes (One to each side).
3. Chamber right hand to belt with palm up and place your left horizontal palm over top of right. (Cup and Saucer)
4. Cover left foot to 6:00 so as to be in a left neutral bow facing 9:00, perform a **right reverse punch** to 9:00, chamber your left hand to belt with palm up as you rotate to a left forward bow facing 9:00.
5. Chamber left hand to belt with palm up and place your right horizontal palm over top of left. (Cup and Saucer)
6. Cover right foot to 6:00 so as to be in a right neutral bow facing 3:00 while performing a right vertical outward block with the left hand still chambered to side.
7. Chamber right hand to side as you execute a **left reverse punch to 3:00** while rotating to a right forward bow facing 3:00.
8. Pick up right foot and rotate body clockwise $\frac{3}{4}$ turn and place right foot to 10:30. Land in a right forward bow while performing a left push down block with the left hand followed by a **right vertical back fist** to 12:00.
9. Check right foot to left knee as you chamber both hands near their respective shoulders preparing for two vertical punches. (One to each side). Plant right foot toward 3:00 in a horsestance facing 12:00 while extending the two vertical punches.
10. Chamber left hand to left side with palm up while simultaneously executing a right vertical outward block. (remain in horsestance)
11. Rotate to a right forward bow, chamber right hand to side with palm up followed by a **left vertical punch** to 12:00.
12. Remaining in a right forward bow, roll the left arm to a vertical outward block.
13. Rotate to a left forward bow as you chamber the left hand to your side with palm up and extending a **right vertical punch** to 12:00.
14. Cover right foot back to 6:00 as both hands perform a downward tiger claw to attackers face.
15. Step left back to right foot as you continue the hand motion with two vertical back fists that will chamber to the sides.
16. Step left foot to 9:00 to a meditating horsestance.

Courtesy bow