

Twist of the Tiger

Theme: Twist stances, two person grab attacks.

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

1. Bring feet together facing 12:00 chambering both hands to their respective side.
2. Step right foot to 9:00 to a deep front twist step while executing an outward hammer fist strike with both hands. Keep hips and shoulders facing 12:00.
3. Step to 9:00 with the left foot to a left neutral bow while chambering your right hand to your right side palm up and the left horizontal fist on top palm down. (Cup and Saucer)
4. Rotate to a left forward bow as you deliver a **right reverse punch** to 9:00 while chambering your left hand to your left side palm up.
5. Step left foot to 3:00 into a deep front twist stance while executing a right re-enforced outward elbow head high.
6. Rotate in place to a rear horse stance while extending a **left straight punch** head high to 3:00.
7. Step right around clockwise to 3:00 to a front horse stance facing 12:00 while performing a **double wrap around** technique with both arms.
8. Maintain a front horse stance while chambering the left hand to the side palm up and performing a circling outward elbow strike head high to 3:00.
9. Step left foot to 3:00 into a deep rear twist step. Chamber right hand to right side palm up and perform an **upward lifting crane strike** with the left hand.
10. Pull the left hand down with a five finger tiger claw as you settle lower in your rear twist stance.
11. Plant left foot beside the right foot as you chamber both hands to their respective side.
12. Step right foot back to 6:00 in a side horse stance while simultaneously performing a **left vertical outward block and a right upward block**.
13. Check the left foot to the right knee then step left foot to 9:00 to a meditating horse stance.

Courtesy bow