

ALL BIG TIGERS

Student Name: _____

Judge's name _____

Pass Re-Test Wait

<u>POWER POSITIONS</u>		<u>FOOTWORK</u>	
Attention/ Bow	P R W	Switching Stances	PRW
Ready Position	P R W.	Bouncing with hands up	PRW
Fighting Stance	P R W	Slide Step Forward	PRW
Kickboxing Stance	P R W	Full Step Forward	PRW
Listening Positions	P R W		
<u>BLOCKS</u>			
Turtle Block			PRW
Wing Block			PRW
Duck			PRW
Jump			PRW
High Block			PRW
High X block			PRW
Low X block			PRW
<u>STRIKES</u>			
Jab/1- Cross/2- Hook/3 (Orange and up)- Uppercut/4 (Gold and up)			PRW
Palm Strikes			PRW
Hammer Fist			PRW
<u>COMBOS</u>			
Jab, cross, wing-block, cross			PRW
Wing block, cross, knee strike			PRW.
Dodging-turtle block, front snap kick or push kick, jab/cross			PRW
<u>KICKS</u>			
Football Kick			PRW
Knee Strike			PRW
Front Snap Kick			PRW
Push Kick			PRW
<u>SELF DEFENSE</u>			
Grab Art 1			PRW
Grab Art 2			PRW
Grab Art 3			PRW
<u>FORMS</u>			
Tiger Form 1			PRW
Tiger Form 2			PRW