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|  | **HERITAGE TAI CHI & KUNG FU**  **FIVE ELEMENT – FIVE ANIMAL**  **TIGER-CRANE PAIRED FORM**  **TIGER FORM** |  |

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| **RAKING TIGER – LEFT** | Circle arms – step back w/ left foot – both palms down |
| **RAKING TIGER – RIGHT** | Circle arms – step back w/ right foot – both palms down. Arms come to hip. |
| **DOUBLE TIGERS sometimes called TWO TIGERS** | Moving forward – both arms out - palms facing each other – left foot forward |
| **BLACK TIGER METHOD** | Right foot steps up and then steps out  Circle with right arm; Moving to the right corner |
| **TIGER COMES OUT OF CAVE** | **Left hand “rakes” to left side & body turns to left while right leg crosses over left.**  End with weight on right leg in a Cat Stance.  Right palm up; left hand down |
| **FIST THROUGH SLEEVE** | Step back with left foot-Circle with right arm & turn by pivoting on left foot. Left arm out in fist; right hand open flat by left shoulder |
| **TIGER COMES OUT OF CAVE** | Circle with left arm & move weight to right leg; Right palm up; left hand down |
| **TIGER CHASES SHEEP** | Circle with right arm while stepping back with left foot & turn; hands in Black Tiger Method |
| **TIGER CHASES SHEEP** | Circle with left arm while turning on right foot.  Hands in Black Tiger Method |
| **TIGER COMBATS WOLF** | Bend left elbow – end in cat stance – weight on right leg |
| **TIGER COMBATS WOLF** | Step forward with left foot. Bend right elbow and turn to front with weight on left |
| **TIGER COMES DOWN FROM THE MOUNTAIN** | 1-2-3  Right leg crosses left |
| **TIGER COMES DOWN FROM THE MOUNTAIN** | 1-2-3  left leg crosses right going the other direction |
| **FIVE STAR TIGER** | 1-2-3-4-5 really cool! |
| **RETURN HORSE TO STABLE** |  |
| **RETURN HORSE TO STABLE** |  |
| **BREATHE IN – BREATHE OUT** |  |

