

# Little Tigers

## Blocking form

Chumbi Stance (ready Stance)

“ **Cha ryot kyung yeh**” (come to attention & bow)

“**Blocking form chumbi**” (step out with left foot into kimas stance) Tanjan breathing

Step back to Chumbi

1. “ **She chak**” (start , jump back right leg into fighting stance- “**kia**” )
  - i. Step forward into front stance (for each block)
2. High Block (right)
3. Middle Block (left)
4. Low Block (right)
5. High Block (left)
6. Middle Block (right)
7. Low Block (left)
8. Straight punch with “**Kia**” (right)

Barrow

“ **Cha ryot kyung yeh**” (come to attention & bow)

Chumbi Stance (ready Stance)

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## Solo punch Song Moo Kwan

Chumbi Stance (ready Stance)

“ **Cha ryot kyung yeh**” (come to attention & bow)

“Solo punch song moo kwan”

1. Step with left foot into kimas stance and punch with left hand “kia”
2. Right High punch “song”
3. Left Middle punch “moo”
4. Right Low punch “kwan”
5. Left High punch “tae”
6. Right Middle punch “kwon”
7. Left Low punch “do”
8. Right Straight Punch with left “**Kia**”

Barrow

“ **Cha ryot kyung yeh**”( come to attention & bow)

Chumbi Stance (ready Stance)

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### **Solo punch blocks**

Chumbi Stance (ready Stance)

**“ Cha ryot kyung yeh”** (come to attention & bow)

“Solo punch blocks ”

1. Stepping left into a kimas stance and punch with left hand “kia”
2. Right high block
3. Left middle block
4. Right Low block while turning into half kimas stance
5. 180 deg Left low block turning into half kimas stance
6. 90 deg turn to front Left middle block
7. Right high block
8. Left punch “ Kia”

Barrow

**“ Cha ryot kyung yeh”**( come to attention & bow)

Chumbi Stance (ready Stance)

**Say the words in “ \_\_\_”**

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