



Tiger Roll

1. **Attention Stance...** With heels touching, toes pointing out 45 degrees, hands flat on sides touching legs, shoulders back, eyes looking forward.
2. **Thumbs On Top...** With arms extended straight out in front, make Isshinryu fists (with thumbs on top).
3. **Put them away...** Put fists on belt at sides.
4. **Catch...** L fist stacks on top of R fist at side.
5. **Step...** L foot touches the R foot as it moves forward and to the left. When step is completed, the L foot has moved ahead one foot-length and is directly in front of its original position.
6. **Block...** L arm blocks from R side to L side middle area level, fist stopping in front of L shoulder with back of fist now facing left.
7. **Down...** Kneel as R knee drops to the floor.
8. **Punch...** Shout "Kiai" and punch to middle area with R fist while returning L fist to ready position at L side on belt.
9. **Hands Down...** While still kneeling, put both hands down on the floor in front of you in a triangle shape.
10. **Over The Top...** Roll over forward.
11. **On Your Feet...** Jump up into a "right guard" with R foot in back in an open hand guard.
12. **Kiai...** Shout "Kiai".
13. **Slide up...** Slide right foot forward to meet left, with heels touching, toes pointing out 45 degrees, hands flat on sides touching legs, shoulders back, and eyes looking forward.
14. **Bow...** Bend forward 45 degrees then straighten back up into an attention stance.