

NAM HOA TEMPLE INTERNAL ARTS
NAM HOA TIGER



- 1 WU CHI
- 2 EMBRACE TIGER
- 3 CIRCLE TO MOUNTAIN
- 4 CIRCLE TO HEAVEN
- 5 TURN AND PARRY
- 6 TIGER PRESSES FORWARD
- 7 ENTER FOREST
- 8 UNITE HEAVEN AND EARTH
- 9 TURN AND PARRY
- 10 TIGER PRESSES FORWARD
- 11 ENTER FOREST
- 12 UNITE HEAVEN AND EARTH
- 13 TURN AND PARRY
- 14 TIGER PRESSES FORWARD
- 15 RETREAT, RIDE TIGER
- 16 KICK (Left, Right)
- 17 TURN AND PARRY
- 18 TIGER PRESSES FORWARD
- 19 RETREAT, RIDE TIGER
- 20 KICK (Left, Right)
- 21 TURN AND PARRY
- 22 EMBRACE MOON
- 23 WARD OFF (Right, Left, Right)
- 24 EXPLORE THE UNIVERSE
- 25 TIGER GLANCES (Right, Left)
- 26 TURN AND PARRY
- 27 TIGER PRESSES FORWARD
- 28 ENTER FOREST AND KICK (Left)
- 29 SWEEP AND CIRCLE CHI (Left, Right)
- 30 EXPLORE THE UNIVERSE
- 31 TIGER GLANCES (Right, Left)
- 32 TURN AND PARRY
- 33 TIGER PRESSES FORWARD
- 34 ENTER FOREST AND KICK (Left)
- 35 COMPRESSING CHI, PARTING CLOUDS, SEE MOON
- 36 GATHERING CHI, RETURN TO SOURCE, WU CHI

Revision Date 2/16/2016

www.namhoa-internal-arts.com

www.bloominglotustaichi.com/studenthandouts