

Tiny Tigers Techniques at a Glance

Module One

First Tip: _

1. Front kick

Second Tip:

2. Jab, Cross and Double punches

Module Two

First Tip: _

3. Hook punches

Second Tip:

4. Front kick and Punch Combinations

Module Three

First Tip:

1. Outside Axe kick

Second Tip:

2. Inside Axe kick

Module Four

First Tip:

3. Step-behind side kick

Second Tip:

4. Axe Kicks and Step-behind Side Kick Combinations

Module Five

First Tip:

1. Roundhouse kick (rear leg)

Second Tip:

2. Back Fist strike (front hand)

Module Six

First Tip:

3. Knee Smash

Second Tip:

4. Knee Smash and Combinations

Module Seven

First Tip:

1. Back kick

Second Tip:

2. Elbow Strike

Module Eight

First Tip:

3. Palm strike

Second Tip:

4. Hammer Fist Strike