



Southern Tiger - Series 1: Small Tiger Fist (Paperback)

By Joe Maury

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Southern tiger style boxing is based on the fierceness and ruthlessness of the tiger. Its motions are direct and powerful. Most people refer to southern tiger style as Hung Style, mainly credited to the person bringing it out of the Shaolin Temple, Hung Hei Gun. Tiger style is excellent for strengthening the bones, tendons and joints. It is known for building a strong bridge (the forearm and wrist area) and excellent stances (especially the horse stance). Small Tiger Fist is considered a relatively short form that has a taste of the Taming the Tiger and the famous Tiger Crane forms with some signature Tiger Claw strikes. Great form for beginners to get exposed to this powerful style.

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