TIGER WALK

Technical points:

Begin with the feet hip width apart, lower yourself into a full squat, rock onto your toes and then into a press up position, with your wrists under your shoulders.

Activate your core, pull your belly button in, place one hand forward, further than you would in a Panther Walk (i.e. right hand) and the opposite foot forward (i.e. left foot), to the side of the body and behind your left hand, with the knee facing out to the side and your foot resting on the inside of the big toe (allow the outside of the foot to lift off the ground). See *Fig 47: Tiger Walk*

Make sure your left leg is not underneath your body, or the right knee pointing up (it points forwards) so that you have space to lower yourself, chest and hips, into a press-up. In other words, ensure the inside of the left thigh is almost parallel to the ground.

Your left hand is under your body and your right hand is further forward. The left shoulder is over the wrist. *Fig 47: Tiger Walk* shows the full starting position from the side and front on both sides.



[Fig 47: Tiger Walk]

Main points in the starting position and every time you step forward before performing a pressup:

1. Back leg straight, front leg bent
2. Front foot to the side of the body, with the inner thigh parallel to the ground and the outside of the foot off the ground. Do not point the knee up.
3. The hand opposite the front leg is forward. The other hand is under the body and has the shoulder aligned with the wrist.
4. Bodyweight is evenly distributed on arms and legs as well as between each arm and each leg. The habit is to shift more bodyweight on the front leg.

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5. The left leg has a rough ankle of 90 degrees at the hip and at the knee. Too high and your knee reaches your face, too far back and you won't be able to move in the next position.

Bend your elbows as much as you can, lead with your chest and perform a pressup. Look in front of your hands when you perform the pressup, do not allow your head to hang down. Hips stay in line with your chest. Remember: chest leads, hips follow.



[Fig 48: Tiger Walk]

Looking at *Fig 48: Tiger Walk* observe how the bent leg (left) has the thigh parallel to the ground to allow for the hips to move down. If the thigh was not parallel to the ground it would look like *Fig 49: Tiger Walk.*



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[Fig 49: Tiger Walk]

It's the same in the case of the left foot. If the foot was fully placed on the ground and not on the inside of the big toe your pressup would look like *Fig 49: Tiger Walk* above.

Similarly if the left knee was under the body and not to the side, even outside the line of the left hand, your pressup would not have room and it would look like *Fig 50: Tiger Walk.*



[Fig 50: Tiger Walk]

Also observe the roughly 90 degree angles of the left leg at the thigh and at the knee in *Fig 48: Tiger Walk* compared with *Fig 49: Tiger Walk* where there are no right angles.

Moving in the Tiger Walk

Step forward, twice as long as a panther stride and continue, always remembering to activate the abdominal muscles.

When stepping forward your legs will travel twice as long as your hands so avoid moving the arm first. Instead straighten your front leg and "launch" yourself forward with your back arm, stretching as far as you can as you see in.

Fig 51: Tiger Walk shows the full transition from right hand forward to left hand forward. Observe the distance the position of the back hand and that of the front hand. Observe in the right hand corner picture how the left arm stretches in the same time the left leg straighten.

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[Fig 51: Tiger Walk]

If you position your hand first and then step with your feet your position would look like the picture underneath in *Fig 52: Tiger Walk.* There is no room for the back leg to straighten and the front leg to step forward.



[Fig 52: Tiger Walk]

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Keep moving forward performing a pressup every time.

Breathing

It is important to be aware of how you breath and be able to use your breath to your advantage. Breathing correctly not only helps your body activated the muscles needed to perform an effective press-up but it also helps to clear the toxins from your body.

When performing a press-up the general rule:

Breathe OUT on the effort, when you PUSH UP.
Breath IN when you lower yourself DOWN.

Breathing out deflates the stomach and contracts the abdominal muscles. Use your abdomen to push you up, like a platform would.

- ***Push UP- Breathe OUT***
- ***Go DOWN- Breath IN***

Benefits:

Strengthening arms, shoulders, upper back, core.

Improving wrist and ankle mobility and strength.

Lightly stretching hip flexors.

Improving hip mobility.

Common mistakes and/or weaknesses to be aware of:

- Back leg is bend, it should be almost straight. *Fig 50: Tiger Walk*
- Front leg is under the body or the knee pointing up instead of the side. It's in the way of the chest so the pressup cannot be performed, as the hip can't fully go down. *Fig 49: Tiger Walk* and *Fig 50: Tiger Walk.*
- When stepping forward the front hand is not far enough to make room of the back leg to make the long stride. This leads to either lifting the hips up in the air, bending the back leg or move the leg backwards to straight it (*Fig 52: Tiger Walk)*
- Hips are too high when performing the pressup. When performing the press up hips should follow the chest which leads the movement.

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- Sinking into the shoulders when performing the pressup. Shoulders should be activated to stabilised the shoulders and lock then into place.

- Head hanging down or lifting to look too far forwards. Neck should be straight and eyes should point just in front of the hands.

Notes:

It does not matter how low or high you perform the pressup at the beginning. Focus on technique, depth will come.

Focus on chest leading the way down and allow the hips follow. When the chest stops, the hips stop as well. Imagine there is a platform underneath you which move up and down with you, and lifts you up as one unit or as a straight plank.

Tiger Walk can be performed forward or backwards.

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