

WHITE TIGER MARTIAL ARTS

2nd Dan 1st Gup Black Belt

Techniques:

- Form
- Kicking
- Self-Defense
- Nun-chucks

Knowledge: The Significance of Poomsae

A poomsae is a systematic, prearranged sequence of martial techniques that are performed either with or without the use of a weapon. In traditional dojangs, poomsaes are used primarily as a form of interval training that is useful in developing proper kinetics with mental and physical fortitude. Poomsae may resemble combat, but are artistically non-combative and woven together so as to be an effective conditioning tool.

Counting Numbers:

81. Palship eel	82. Palship Ee	83. Palship Sam	84. Palship Sah
85. Palship O	86. Palhip Yuk	87. Palship Chil	88. PalshipPal
89. Palship Ku	90. Ku Ship		

Home Rules: Age 13 & under