Techniques:
Form: Koryo Poomsae, Pal-Gwe Poomsae Sam Jang & Sa jang
Kicking
Self-Defense: Head
Nun-chuck: 1-12

Knowledge
Taeguk/Palgwe Sam Jang----Fire

(East, Second Daughter) Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.

Taeguk/Palgwe Sa Jang----Thunder

(North East, Eldest Son) Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful forces in nature. This Taeguk/Palgwe should be performed with this in mind.

Counting Numbers:

Home Rules: Age 13 & under
Numbers 1-8