

WHITE TIGER MARTIAL ARTS

1st Dan 3rd Gup Black Belt

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:

21. Ee Ship Il	22. Ee Ship Ee	23. Ee Ship Sam	24. Ee Ship Sah	25. Ee Ship O
26. Ee Ship Yuk	27. Ee Ship Chil	28. Ee Ship Pal	29. Ee Ship Ku	30. Sam Ship

Home Rules: Age 13 & under
Numbers 1-8