

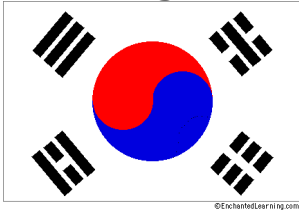
# WHITE TIGER MARTIAL ARTS

## 2<sup>nd</sup> Dan 4<sup>th</sup> Gup Black Belt

### Techniques:

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

### Knowledge: The Korean Flag (Part 1)



The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background means peace.

The red and blue circle in the center is called “Taeguk”, the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of “Taeguk” is called “Eum” and represents all negative aspects of the balance that is typical for the symbol. The red part is called “yang” and describes all positive aspects.

### Counting Numbers:

- |                 |                 |                  |                 |
|-----------------|-----------------|------------------|-----------------|
| 61. Yukship eel | 62. Yukship Ee  | 63. Yukship Sam  | 64. Yukship Sah |
| 65. Yukship O   | 66. Yukship Yuk | 67. Yukship Chil | 68. Yukship Pal |
| 69. Yukship Ku  | 70. Chil Ship   |                  |                 |

Home Rules: Age 13 & under