

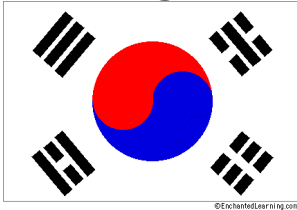
# WHITE TIGER MARTIAL ARTS

## 2<sup>nd</sup> Dan 3<sup>rd</sup> Gup Black Belt

### Techniques:

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

### Knowledge: The Korean Flag Part 2



The four trigrams at the corners (called “Kwe” in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper left) and at the other corner earth (lower left), water (upper right) and at the other corner fire (lower right). Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs three broken bars earth.

### 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