**Techniques:**

**Form:** Koryo Poomsae, Pal-Gue Poomsae Chil Jang & Pal jang  
Kicking  
Self-Defense  
Nun-chuck: 1-18

**Knowledge**

Taeguk/Palgwe Chil Jang----Mountain

(North West, Youngest Son) Mountains will always look majestic, no matter the size. This Poomsae should be performed with the feeling that all movements are this majestic and deserved to be praised.

Taeguk/Palgwe Pal Jang----Earth

(North, Mother) The Associated trigram of this Poomsae is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this Taeguk/Palgwe, one should be aware that this is the last Taeguk/Palgwe to be learned, it also is the end of a circle, and therefore it is also the first, the second etc...

**Counting Numbers:**

41. Sa Ship eel  
42. Sa Ship Ee  
43. Sa Ship Sam  
44. Sa Ship Sah  
45. Sa Ship O  
46. Sa Ship Yuk  
47. Sa Ship Chil  
48. Sa Ship Pal  
49. Sa Ship Ku  
50. O Ship

**Home Rules:** Age 13 & under  
Numbers 1-8