

WHITE TIGER MARTIAL ARTS

1st Dan 1st Gup Black Belt

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