Techniques:
Form: Koryo Poomsae, Pal-Gwe Poomsae O Jang & Yuk Jang
Kicking
Self-Defense
Nun-chuck: 1-15

Knowledge
Taeguk/Palgwe O Jang----Wind

(East, Eldest Daughter) Wind is a gentle force, but can sometimes be furious, destroying everything in its path. Poomsae Taeguk/Palgwe O Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.

Taeguk/Palgwe Yuk Jang----Water

(West, Second Son) Water can move a mountain. The movements of the Poomsae should be performed like water. Sometimes standing still like water in a lake, sometimes moving as a river.

Counting Numbers:
31. Sam Ship II 32. Sam Ship Ee 33. Sam Ship Sam 34. Sam Ship Sah 35. Sam Ship O

Home Rules: Age 13 & under
Numbers 1-8