

WHITE TIGER MARTIAL ARTS

1st Dan 2nd Gup Black Belt

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 it's 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 Il	32. Sam Ship Ee	33. Sam Ship Sam	34. Sam Ship Sah	35. Sam Ship O
36. Sam Ship Yuk	37. Sam Ship Chil	38. Sam Ship Pal	39. Sam Ship Ku	40. Sa Ship

Home Rules: Age 13 & under
Numbers 1-8