

WHITE TIGER MARTIAL ARTS

Sr. Blue Belt

Vocabulary: all answers must be followed with "sir"

Spear Hand Jab: Pyun-son-gut

Back Fist: Dung-joo-muk

Palm: Pa-tang-son

Knowledge:

Why do we practice self-defense techniques:

We practice self-defense to develop effective offense and defense, control, precision, speed and reaction time.

Counting Numbers

61. Yeh-soon Ha-nah 62. Yeh-soon Dool 63. Yeh-soon Set 64. Yeh-soon Net

65. Yeh-soon Da-Sut 66. Yeh-soon Yu-sut 67. Yeh-soon Eel-gop

68. Yeh-soon Yu-dul 69. Yeh-soon A-hop 70. Eel-hun

Home Rules: Age 13 & under Numbers 1-8