

WHITE TIGER MARTIAL ARTS

1st Dan Black Belt

Requirements:

Stripes: Yellow, Black and Green (Children 13 and under)

Techniques:

Form: Koryo Poomsae

Kicking

Self-Defense: Front-snap kick

Nun-chuck: 1-3

Knowledge

Koryo Poomsae

Koryo poomsae symbolizes "seonbee", which means a learned man, who is characterized by a strong martial spirit as well as a righteous learned man's spirit. The spirit has been inherited through the ages of Koguryo, Palhae and down to Koryo, which is the background of organizing the Koryo poomsae.

Counting Numbers:

1. Il 2. Ee 3. Sam 4. Sah 5. O
6. Yuk 7. Chil 8. Pal 9. Ku 10. Ship

Home Rules: Age 13 & under
Numbers 1-8