Techniques:
Form: Koryo Poomsae, Pal-Gwe Poomsae Il Jang & Ee jang
Kicking
Self-Defense: Ax kick
Nun-chuck: 1-6

Knowledge
Taeguk/Palgwe Il Jang ----Heaven

(South, Father) The first Taeguk/Palgwe is the beginner of all Poomsaes. The associate trigram represents Yang (heaven, light), therefore, this Poomsae should be performed with the greatness of Heaven.

Taeguk/Palgwe Ee Jang----Lake

(South East, Youngest daughter) In the depths of the lake are treasures and mysteries. The movements of this Taeguk/Palgwe should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.

Counting Numbers:

Home Rules: Age 13 & under
   Numbers 1-8