

WHITE TIGER MARTIAL ARTS

1st Dan 4th Gup Black Belt

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:

- | | | | | |
|--------------|---------------|--------------|--------------|-------------|
| 11. Ship Il | 12. Ship Ee | 13. Ship Sam | 14. Ship Sah | 15. Ship O |
| 16. Ship Yuk | 17. Ship Chil | 18. Ship Pal | 19. Ship Ku | 20. Ee Ship |

Home Rules: Age 13 & under
Numbers 1-8