

**White Tiger Kempo
4th Kyo Green**

**Physical Concepts (Motion)
Tung Chuan**

1. 3 Centered Bases: 3/8 & 5/8 Drills
 - a. Long
 - b. Medium
 - c. Small
2. State of 2 Poles: Stability, Leverage, Balance
 - a. 2 Poles
 - b. 1 Pole
 - c. 0 Poles
3. 4 Directions of Motion
4. 8 Rounds, 7 Stars (Folds)
5. 6 Unifications (Physical Flow)
6. Fall 7, Rise 8, Defend & Counter
7. 3 Peripheral Studies (3 Acutes, San Miin)
8. Tori Uke Drills