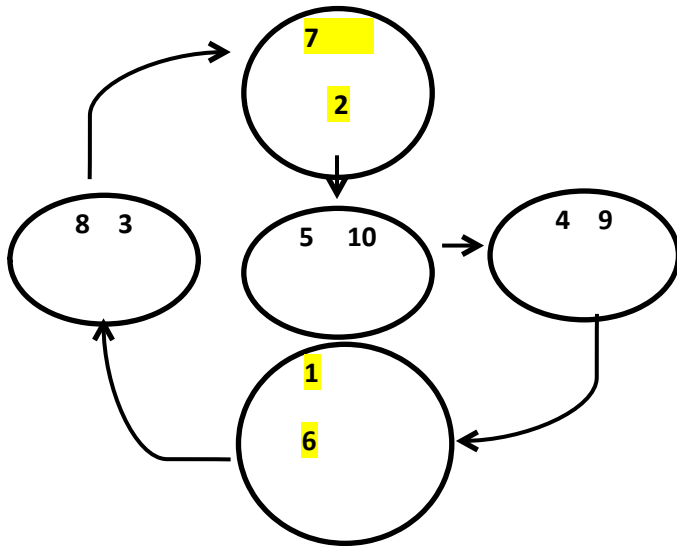


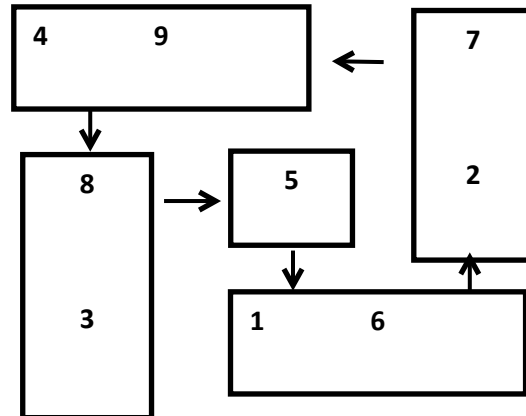
Master Yoo's Training Guide

OH HAENG

相生中方正土



相剋四方成完



The meaning of Oh is five. The original meaning of Haeng is intersection, but it currently also means “go forward – at the intersection, you need to choose a direction and go forward”. You may better understand Oh Haeng as the five essential elements of the solar system working together (five elements → go forward → five elements working together)

What are the 5 Elements?

Essential 5 elements of solar system are TREE, FIRE, EARTH (soil), METAL (Rock), and WATER

- Water comprises over 70% of Earth. It has also been discovered in other planets and moons. For instance, Europa (moon of Jupiter) has twice the amount of water as Earth and Enceladus (moon of Saturn) releases steam into the air
- Fire is most active in the solar system which emanates light and heat. It occurs when four hydrogen atoms combine (fuse) into helium. Because the four hydrogen atoms weigh more than the one helium atom, the left over mass is released, generating the Sun's fiery energy
- Tree is regarded as a plant. It stands apart from the other 4 elements due to its live energy. So far, trees have only been found on Earth
- Metal (Rock) and Earth (soil) are present on planets most similar to Earth (notably Mercury, Venus, and Mars)

Material Understanding

1. Tree – soft on the outside (bark), hard on the inside, expanding to the side and upwards, changing by the seasons, Yang energy that is grown from Um energy - +
2. Fire – light on the outside and inside, has its feature but unable to grab, rising upwards, releasing heat and light, dominant Yang energy + +
3. Metal – solid on the outside and inside, sinking downwards, heavy and cold on the surface, Um energy that is grown from Yang energy + -
4. Water – smooth on the outside and inside, flowing downwards, heavy and absorbing heat/light, dominant Um energy - -