

BLACK BELT POOMSE

Koryo	30 movements	Korea
Keumgang	27 movements	Diamond
Taebaek	26 movements	Mountain
Pyongwon	25 movements	Plain
Sipjin	31 movements	Decimal
Jitae	28 movements	Earth
Cheonkwon	27 movements	Sky
Hansoo	27 movements	Water
Ilyeo	24 movements	Oneness

KORYO

KORYO poomse symbolises "seonbae " which means " learned man " characterised by a strong spirit. KORYO is the name of an ancient dynasty – (AD918-1392). The English word korea is derived from the name KORYO. Koryo's legacy to the Korean people is very significant, as they successfully defeated and thus defended Korea from the attacking aggression of the Mongolian Empire, who were sweeping the known world at the time.

In poomse, KORYO the spirit of the KORYO dynasty should be emphasized. Consequently every motion of the poomse should show a strong conviction like that shown by the KORYO people in their struggle with the Mongolians.

KEUMGANG

The word KEUMGANG has the meaning of being so strong to be broken. In Buddhism, what can break of every agony of the mind with the combination of wisdom and virtue is known as KEUMGANG.

The Korean people named their most beautiful mountain KEUMGANG-SAN, it is also the name of nature's hardest substance, diamond, KEUMGANG-SEOK.

Therefore, KEUMGANG in Taekwondo means movement based on spiritual strength that is both beautiful and majestic, as are mountains and diamonds, strong and beautiful.

The lines of this poomse correspond to the Chinese character for mountain, in the movement of poomse KEUMGANG therefore, such sharp and endlessly changeable majestic spirit, as that of the mountains should be displayed.

TAEBAEK

There is an ancient mythological Korean story about the origin of Korea which says that about four thousand and three hundred years ago, legendary Dangun founded the nation for the first time in TAEBAEK, present day mountain Baekdo.

Mount Baekdo is the largest and highest mountain in Korea, As may be understood, poomse TAEBAEK has its basic principles of movement from the word 'TAEBAEK' with its meaning of light and being looked upon as being sacred by the Korean people. Mount Baekdo is regarded as the symbol of Korea. Therefore every movement in TAEBAEK should not only be displayed precisely and nimbly, but also with rigor and a determined will.

PYONGWON

The word PYONGWON means plain. A fertile plain gives us food and shelter, it is also a place where human life has existed moving from life to death.

Also a great open plain stretching out endlessly gives us the feeling of majesty that is different from that of the mountain of sea.

Poomse PYONGWON therefore should represent the abundance and vastness of the plain, the actions showing majesty and everlasting spirit.

SIPJIN

The decimal system in the standard numerical value of ten, hundred, thousand, million and billion etc. In this sense the number ten is the symbolic figure which shows endless progression and growth. But growth is always effected by systematic

and orderly rule and discipline of the decimal system.

Stability is sought in every change of movement and should thus be reflected in all stances in this poomse.

JITAE

According to Oriental belief, all living things come from and return to earth. The Earth is indeed the beginning and ending of life. Living things as well as all the natural phenomena of the earth originate there.

The key points of this poomse lies in the movements which are derived from the harmony of a strong mind and body, just as the universal mind of the earth is shown through its strength and vigor.

CHEONKWON

From ancient times, the Orientals have believed and worshiped the sky as the universal ruler. They have also thought of the sky as the controller of nature.

The infinitely vast sky may be a mysterious and profound concept for man but he respects its size and change of moods and treats it with respect.

Poomse CHEONKWON is composed of the motions which are full of piety and vitality, as a man who has just looked up towards the sky.

HANSOO

Water is the source of life. It is also a substance of great power.

Water forms streams, rivers, and the seas, beginning from a single drop. Water is quiet but also wild. It is unique in the fact that it will fit into any shape or form without changing.

The application of water's nature, namely its fluidity and adaptability can be found in techniques and movements of TaekwonDo.

Poomse HANSOO therefore should be performed fluently with grace and power.

ILYEO

In Buddhism the state of spiritual cultivation is said to be " ILYEO " (ONENESS), in which the body and the mind, the spirit and the substance are unified into one. It should be the state in which one has discarded all worldly desires.

The ultimate ideal of TaeKwonDo is this state of " ILYEO ".

In this state of mentality of " NIRVANA " one overcomes ego and is in true harmony with nature. The final aim of TaeKwonDo is indeed a discipline in which we concentrate attention to every movement, shaking off all worldly thoughts and obsessions.