

POOMSE

The idea of "Taegeuk" comes from Oriental Philosophy. It is a way to view the world, cosmos and life. Taegeuk has no form, no beginning, no ending, yet everything comes from Taegeuk. Taegeuk is something that contains the essence of everything.

Taegeuk Il Jaong	Heaven and Light		KEON
Taegeuk Yee Jaong	Joyfulness		TAE
Taegeuk Saom Jaong	Fire and Sun		RI
Taegeuk Sa Jaong	Thunder		JIN
Taegeuk Oh Jaong	Wind		SEON
Taegeuk Yook Jaong	Water		GAM
Taegeuk Chil Jaong	Mountain		GAN
Taegeuk Par Jaong	Earth		GON


1. Tae Geuk Il Jaong - KEON - Heaven and Light.

Heaven gives us rain and the sun gives us light and makes things grow. Therefore KEON is the beginning of everything on earth and the source of creation. When performing this taegeuk the mind should be clear and allow all the basic techniques to flow. As with creation, this taegeuk is simple, yet forms the basis for more complex movements and techniques to come.


2. Tae Geuk Yee Jaong - TAE - Joyfulness

This form represents a frame of mind which is serene and gentle, yet, firm within, the state from which true virtue is expressed. This form consists of movements that are made softly, yet firmly and with control.


3. Tae Geuk Saom Jaong - RI - Fire and Sun

 This form represents fire and sun, and their characteristics of warmth, enthusiasm, and hope. Burning fire gives light, warmth, enthusiasm and hope. The action of Saom Jaong is changing bursts of power connected with a continuous flow of motion expressing vitality and passion.


4. Tae Geuk Sa Jaong - JIN - Thunder

 Thunder and lightning are the objects of fear and fright. The principles of JIN suggest that we should act calmly and bravely in the face of danger and fear and when blue sky and bright sunlight will again appear. When performing Taegeuk Sa Jaong show a positive mind and a brave attitude. The movements should be calm, but strong, powerful and brave opposing JIN.


5. Tae Geuk Oh Jaong - SEON - Wind

 This symbol expresses the principle of wind. There are such winds as typhoons, hurricanes and tornados, but the nature of the wind is gentle. Wind symbolizes a humble state of mind. Actions should be performed simply as gentle breezes, slow yet graceful, then like a storm, strong, fast and powerful.


6. Tae Geuk Yook Jaong - GAM - Water

 Water is liquid and formless. Water always flows downward and, in time, can wear away the hardest granite. The principles behind this taegeuk show us that we can overcome difficulties and hardships if we go forward with self-confidence. Actions should be performed with a flowing motion, moving steadily through the techniques with persistence and unwavering belief.

7. Tae Geuk Chil Jaong - GAN - Mountain

 A mountain is stable and cannot be moved. This form teaches us to move only when it is necessary to move - and then to move rapidly - and stop suddenly and solidly, standing like a rock. We must learn to have stability like a mountain, we should not act hastily or push to hard. Though fast actions seem fine, we should know where and when to stop.

8. Tae Geuk Par Jaong - GON - Earth

 The earth is the source of life. Things take life from it and grow drawing limitless energy. The earth is where the creative force of heaven is embodied. All the fundamental actions perfected and reviewed. Actions should be performed clearly and expertly. A strong character should be shown in techniques and unbending force.