

WHAT DOES MY PATTERN MEAN?

WHAT IS TAE GUK?

Tae Guk is the spirit of TaeKwonDo. Each student must learn the idealism of Tae Guk: pacifism, unity, creative spirit, future spirit and eternity.

“Tae” means largeness, and “Guk” means eternity. Tae Guk represents the origin of the oriental philosophical viewpoints such as cosmos, world, life, and extinction. The cosmos had no colour or form and how no beginning or end prior to the world being produced. After the world was produced, male was produced from its energies and in essence is the spirit of the sun and sky, while the female is the spirit of the moon and the earth. It is believed that male and female are derived from Tae Guk.

THERE ARE EIGHT TAE GUK PATTERNS:

TAE GUK IL JANG - HEAVEN AND SKY

TAE GUK E JANG - INNER FIRMNESS AND OUTER SOFTNESS

TAE GUK SAM JANG - FIRE, SUN, AND LIGHT

TAE GUK SA JANG - THUNDER

TAE GUK O JANG - WIND

TAE GUK YUK JANG - WATER

TAE GUK CHIL JANG - MOUNTAIN

TAE GUK PAL JANG - EARTH

The elements of wind, water, fire, and earth are believed to help each other to be produce:

Fire from wood, wood from water, water from metal, metal from earth, and earth from fire.

There is also a destructive theory:

fire melts metal, wood takes nourishment from earth, water extinguishes fire, metal cuts wood, and earth blocks water.

Tae Guk also represent the eight cardinal and inter cardinal directions, symbols of Palgwe: North, South, East, West, Northeast, Northwest, Southeast, Southwest). In addition, Tae Guk follows the law of nature called the Yin Yang (the negative and the positive).

Tae Guk patterns follow the aforementioned theories and integrates them into the methods of attack, defense, forward movement and retreat, control of the speed of movements, and the intensity of the actions. The directions and lines of movements are represented by the eight symbols of Palgwe. The overall purpose of a poomse/ pattern is to control the breathing to be synchronized with actions, and to maintain the centre of gravity and balance while executing techniques requiring great speed.

COLOUR BELT POOMSE MEANINGS: **TAE GUK PATTERNS**

TAE GUK IL JANG - HEAVEN AND SKY

In the first form of the Tae Guk system the energy of heaven is embraced. Heaven is understood to be the beginning of a creation in this universe. Thus, at this level the practitioner is beginning to walk the path of TaeKwonDo.

TAE GUK E JANG - INNER FIRMNESS AND OUTER SOFTNESS

This form is an expression of the yin and yang - expressing two elements of the universe: strength and elasticity. This form trains the practitioner to be both powerful yet subtle in their technique.

TAE GUK SAM JANG - FIRE, SUN, AND LIGHT

This form is expressive of sun or fire. Both the sun and fire are powerful vibrant entities, which emanate heat, warmth, and extended power. Just as with the TaeKwonDo practitioner who understands how to unleash focused ki with each technique. This form trains the student how to release power through each technique.

TAE GUK SA JANG - THUNDER

The power of thunder is released in a rapid burst of powerful energy. This form is designed to train the TaeKwonDo practitioner un using rapid burst of released energy.

TAE GUK O JANG - WIND

The wind is both a calming and a destructive force in nature. This form trains to practitioner to be both powerful when necessary and relaxed and reflective.

TAE GUK YUK JANG - WATER

Water possesses both a constant flow of softness and a powerful destructive force. This form teaches the practitioner in how to harness both of these energies.

TAE GUK CHIL JANG - MOUNTAIN

This form symbolizes the mountain, because the mountain is firm and long lasting. This form trains the practitioner in how to be unmoving.

TAE GUK PAL JANG - EARTH

The earth is the source of all human existence. From the earth, the tree and the plants that feed us grow. Therefore, this form trains the practitioner to embrace the source of humanity.

BLACK BELT POOMSE MEANINGS:

KORYO - LEARNED MAN

Poomse Koryo symbolizes seonbae which means a learned man, who is characterized by a strong martial spirit as well as a righteous spirit. The joonbi seogi (ready stance) is tongmilgi which promotes concentration by placing the hands between the upper and lower abdomen, the centre of ki in the body. The movement line of Koryo represents the Chinese character for seonbae or seonbi, which means a learned man or a man of virtue in Korean. For the 1st dan.

KEUMGANG - DIAMOND

Keumgang, meaning diamond, is symbolized by hardness. Mount Keumgang, which is regarded as the centre of the national spirit and the origin of Keumgang Yoksa (warrior named by Buddha) who represents the mightiest warrior, is the spiritual foundation of this form. The line of movements symbolizes the Chinese character for mountain. The movements of the poomse should be performed powerfully and with good balance to demonstrate the dignity of the Keumgang spirit. For the 2nd dan.

TAEBAEK - BRIGHT MOUNTAIN

Taebaek (bright mountain) is the name given to Mt. Paektu, the mountain from which Tangun, the founder of the Korean people, ruled the country. Taebaek symbolizes the sacred and humanitarian ruling spirit of Tangun. The line of movements symbolizes the Chinese character for a word meaning the bridge between heaven and Earth. For the 3rd Dan.

PYONGWON - PLAIN OR VAST FIELD

Pyongwon means a plain or a vast field of land. It is the source of life for all creatures and place from which all creatures gain sustenance. Pyongwon is based on the idea of peace and struggle resulted from the principles of origin and use. The Choon-bi sogi requires a concentration of force in the lower abdomen, the source of all strength, much like the land is the source of strength for all life. The line of movements symbolizes the origin and transformation of the plain. For the 4th Dan.

SIPJIN - LONGEVITY

The word sipjin is derived from the principle of longevity which maintains there are ten creatures of long life: sun, moon, mountain, water, stone, pine tree, herb of eternal youth, turtle, deer and crane. This poomse symbolizes the longevity humans derive from these everlasting elements of nature. The line of movements is the Chinese character for ten, symbolizing the ten creatures of long life and the infinity of the decimal system. For the 5th Dan.