

Taekwondo Terminology

1. **Taegeuk Il Jang -- Heaven**

(South, Father) The first Taegeuk is the beginning of all Poomses. The associated trigram represents Yang (heaven, light), therefore, this Poomse should be performed with the greatness of Heaven.

2. **Taegeuk Ee Jang -- Lake**

(South East, Youngest daughter) In the depths of the lake are treasures and mysteries. The movements of this Taegeuk/Palgwe should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.

3. **Taegeuk Sam Jang -- Fire**

(East, Second daughter) Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.

4. **Taegeuk Sa Jang -- Thunder**

(North East, Eldest son) Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This Taegeuk/Palgwe should be performed with this in mind.

5. **Taegeuk Oh Jang-- Wind**

(South West, Eldest daughter) Wind is a gently force, but can sometimes be furious, destroying everything in it's path. Taegeuk Oh Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.

6. **Taegeuk Yook Jang -- Water**

(West, Second son) Water can move a mountain. The movements of this Poomse should be performed like water. Sometimes standing still like water in a lake, sometimes thriving as a river.

7. **Taegeuk Chil Jang -- Mountain**

(North West, Youngest son) Mountains will always look majestic, no matter the size. This Poomse should be performed with the feeling that all movements are this majestic and deserved to be praised.

8. Taegeuk Pal Jang-- Earth

(North, Mother) The associated trigram of this Poomse is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this Taegeuk/Palgwe, one should be aware that this is the last Taegeuk/Palgwe to be learned, it also is the end of a circle, and therefore it is also the first, the second etc...

Koryo

Koryo (Korea) is the name of an old Korean Dynasty. The people from the Koryo-period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.

Keumgang

The definition of Keumgang is "Too strong to be broken", or "diamond". The movements of the Poomse Keumgang are as beautiful as the Keumgang-san (a Korean mountain) and as strong as Keumgang-seok (diamond).

TaeBaek

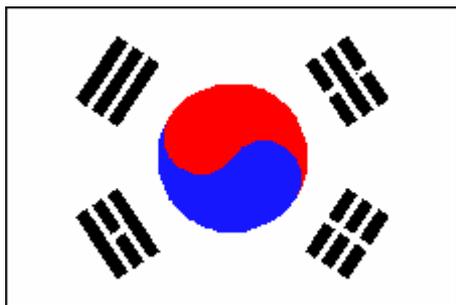
The legendary 'Dangoon' founded a nation in Taebaek, near Korea's biggest mountain Baekdoo. Baekdoo is a symbol for Korea. The definition of Taebaek is "lightness". Every movement in this Poomse must not only be exact en fast, but with determination and hardness.

Pyongwon

The definition of Pyongwon is "stretch, vast plain": big, majestic.

The Flag

The circle is divided equally to show perfect balance. The red section is known as Yang and the blue section is Um. It is an ancient symbol of the universe. The curved line that separates the red upper part from the blue lower part is named Ki and represents our vital energy. The centre represents the cosmos (fire & water, day & night). The flag is about balance and harmony. The symbols in the corner express the ideas of opposition and balance. They are based on the ancient symbols of I Ching (heaven, earth, fire & water).



Kun Heaven

Yi Fire

Kam Water

Kon Earth

