

## KING TIGER ACADEMY

### SOM DAN: 3RD DEGREE BLACK BELT STUDY GUIDE

#### WHAT IS THE MEANING OF PYONGWON POOMSAE?

**PYONGWON** Poomsae “Pyongwon” means a plain which is a vast stretched-out land. It is the source of life for all creatures and the field where human beings live their lives. The poomsae Pyongwon was based on the idea of peace, struggle and harmony resulting from the principles of origin and use. The Joonbi-seogi ( ready stance ) is called mo-ah seogi (left overlapping hands), which requires the concentration of force (ki energy) in the lower abdomen, the source of body strength, as the land is the beginning and the source of human life. The line of this poomsae means the origin and transformation of the plain.

#### WHY DO WE PRACTICE BREATHING CONTROL?

Breathing control or proper breathing, helps prevent exhaustion. When striking or blocking, you should exhale sharply as a yell (ki hop). This tightening of the abdominal muscles does these things; it helps to protect the internal organs, it helps to generate force that contributes to the technique, and it helps to distract or break your opponent’s concentration.

#### TAEKWONDO PHILOSOPHY & THEORY

All movements must start from you center point and then travel along the various angles or directions. Starting at the center point you will have traveled 360 degrees or a circle. In doing so, you would have repeated yourself many times because the angles that are close together are very similar. So we want to minimize all the different angles or directions.

Question? What is the minimum number of angles we can have and still have a circle or Sphere? There are Six (6) principle directions. They are Up, Down, Left, Right, Front, and Back.

So, in Taekwondo, in order to have complete offensive and defensive skills, one has to know and use the Six Principle Directions. But before we practice the physical skills, we must show our respect of the Six Principle Directions. In Korean this is called, *Yook Hyang Chun Hang Bup*. When translated this means; Six directions sky way rule, or way to follow nature’s (your God’s) rule of the Six Principle Directions, or way to follow the Six Principle Directions of human morals.

#### THE SIX PRINCIPLE DIRECTIONS OF RESPECT:

**UPWARD DIRECTION:** Your relationship with Your Own God! Creator of the heavens and the universe, who gives us laws to live by, and who watches over and judges us.

**FORWARD DIRECTION:** This represents my parent’s and I relationship. This signifies the generation just before us. They guide, support and take us into their care.

**LEFT DIRECTION:** This represents the relationship between Man and Woman or Husband and Wife. It also means present time experiences, earth, darkness, no knowledge, and Um.

**RIGHT DIRECTION:** This represents my Teacher’s and I relationship. It also means the future, sun or brightness, wisdom, knowledge and Yang.

**BACKWARD DIRECTION:** This represents my Friend’s and I relationship. This means support, someone to always stand behind me and make sure that I stand strong and solid, who also gives faith and trust.

**DOWNWARD DIRECTION:** This represents our Ancestors. They went through mistakes and pain, glory and righteousness, We must learn from their experience. Each generation sacrificed for the future of man. Our earliest ancestors had the hardest time and sacrificed the most, much more than today’s generation.