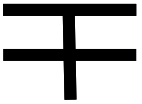


Meaning of the Black Belt Poomsae

Brief Meaning of Black Belt Poomsae:

Korea is a country of more than a thousand years of history and tradition and is the suzerain of Tae Kwon Do. The students of Tae Kwon Do should love their people and country and must keep in mind the idealisms of Taegeuk: pacifism, unity, creative spirit, future spirit, and eternity. These are the idealisms that represent the spirit of Tae Kwon Do. The first step to learning poomsae is learning the basic movements, the second step is learning and understanding all Taegeuk poomsaes, and the last step is to practice and master the Black Belt level poomsaes. The Black Belt level poomsae has 9 steps. The steps are: *Koryo, Geumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheongwon, Hunsoo, and Ilyo*.

KORYO



Poomsae "Koryo" symbolizes the high spirited Koryo people. The Koryo people emphasized moderation in actions. It is also said to symbolize "Seonbae" which means a learned man, who is characterized by a strong martial spirit.

GEUMGANG



Poomsae "Geumgang" (meaning Diamond) has the means of hardness, strength, and that which is unconquerable. The Mountain Geumgang on the Korean peninsula, which is regarded as the center of national spirit, and the Geumgang yoksa (Geumgang warrior), as named by Buddha, who represents the mightiest warrior, are the background of this poomsae.

TAEBAEK



Poomsae "Taebaek" in Chinese characters means "Big, Bright, and Saint Mountain," where Tangun, the founder of Korea, reined the country, and the Big, Bright, and Saint Mountain symbolizes sacredness of soul. There are numerous sites known as Taebaek, but Mt. Bacdoo is the background of this 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. Pyongwon was based on the idea of peace, struggle, and harmony resulting from the principles of origin and use.

SIPJIN



Poomsae "Sipjin" was derived from the thought of the number 10 or longevity, which advocates there are ten creatures of long life, namely, the Sun, Moon, Mountains, Water, Stones, Pine Trees, Herbs, Tortoise, Deer, and Crane. It is based on nature worship and the decimal system that makes eternal numbers.

JITAE



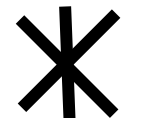
Poomsae "Jitae": Living things come out of the Earth and grow, then die. So "Jitae," which means Earth is the place to find peace for life. For that reason, Jitae poomsae symbolizes desire and the coming out of the Earth.

CHEONGWON



Poomsae "Cheongwon" represents Heaven or sky! Heaven or the Sky is the origin of all life, and people have admired it since the beginning. Its infinite competence signifies the creation, change, and completion. Human beings have used the name Heaven for all principle earthly meanings because Heaven is mighty.

HANSOO



Poomsae "Hansoo" represents water, which is the source of substance, preserving the life and growing of all creatures. A drop of water is so small and weak, yet considering that drops of water make rivers and the seas, it is obvious that the water may become stronger and dangerous. We neither can stop water nor cut it! It is formless, but yet extremely adaptable and flexible. Therefore, "Hansoo" symbolizes adaptability and flexibility.

ILYO

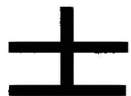


Poomsae "Ilyo": Saint Wonhyo, the high priest of Buddhism during the Silla dynasty said, "The Mind makes the objects and rules exist; it is just a skeleton when the Mind is extinct." We can symbolize this statement with the word "Ilyo," meaning that the Mind (spirit) and Body (material) are the same. It teaches that a point, a line, or a circle ends up after all as one! Ilyo represents the harmonization of Spirit and body, which is the essence of Taekwondo.

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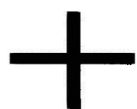
Poomsae "Tae Baek" in Chinese characters means "Big, Bright and Saint Mountain, where Tangun, the founder of Korea reined the country, and the Big, Bright and Saint Mountain symbolizes sacredness of soul. There are numerous sites known as Taebaek, but Mt. Baedoo, is the background of this poomsae.

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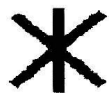
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