

Meaning of the Tae Geuk Poomsae

Brief Meaning of Tae Geuk:

Tae Geuk is the spirit of Tae Kwon Do! Each student must learn the idealism of Tae Geuk: Pacifism, Unity, Creative Spirit, Future Spirit ad Eternity.

“Tae” means Largeness, and “Geuk” means eternity. Taegeuk represents the oriental philosophy from which oriental philosophical viewpoints are derived, such as the cosmos, world life and extinction. The eight (8) “Gway” or trigrams are: Gun, Tae, Ee, Jin, Son, Gom, Gan and Gone. The eight Gway represent the heave and sky, water (marsh or lake), fire, sun, light, thunder, wind, wood, water (springs or streams), mountains and hills, and the earth. They also represent the eight (8) cardinal ad intercardinal points or directions.

“Taegeuk” follows the law of nature
called

Poomsaes & Meanings:

Gun



Taegeuk IL (1) Jong is a series of actions applying the Gun principle of Palgway. Gun represents Yang and that which is great and original, penetrating correct and firm, heaven, the sun or light. Heaven sends the rain, and the sun shines the light so that things will exist, live and grow.

Tae Gway



Taegeuk Ee (2) Jong is a series of actions applying the Tae principle of Palgway. Tae represents strength of mind. A person with a strong mind appears gentle, smiles and is satisfied!

Ee(Ri)



Taegeuk Som (3) Jong is a series of actions applying the Ri principle of Palgway. Ri represents the sun, fire or light. The virtue of Ri is brightness and a natural intelligence and also means to be attached to.

Jin Gway



Taegeuk Sah (4) Jong is a series of actions applying the Jin principle of Palgway. This poomsae represents the thunder, meaning great power and dignity.

Son



Taegeuk Oh (5) Jong is a series of actions applying the Son principle of Palgway. This poomsae represents the wind, meaning both mighty force and calmness according to its strength and weakness.

Gom



Taegeuk Yuke (6) Jong is a series of actions applying the Gom principle of Palgway. This poomsae represents water, meaning incessant flow and softness.

Gan



Taegeuk Chil (7) Jong is a series of actions applying the Gan principle of Palgway. This poomsae represents the mountain, meaning ponderosity and firmness

Gon



Taegeuk Pal (8) Jong is a series of actions applying the Gon principle of Palgway. This poomsae represents Yin and earth, meaning the root and settlement, and also the beginning and the end. This is the last of the Tae Geuk Poomsaes.