

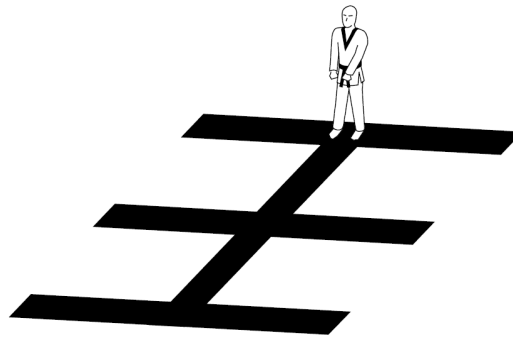


Taekwondo Taegeuk Poomsae Series

Poomsae are a series of Taekwondo techniques constructed into a preset sequence and performed against an imaginary opponent. Executing these patterns correctly promotes the development of strength, balance, power, focus, breath control and self-discipline.



The word “Taegeuk” means “universal oneness” and is symbolized by the red and blue yin-yang shape shown above. Each Poomsae in the Taegeuk series is represented by a trigram symbol, representing heaven, earth and man. Each trigram is composed of three horizontal lines, which can be solid (positive principle) or broken (negative principle). The eight trigram symbols shown above are derived from the ancient Chinese text, I Ching (The Book of Changes). Together these concepts and symbols represent the balance of power present in the universe.



The Taegeuk Poomsae series serves to introduce basic Taekwondo stances, blocks, strikes and philosophy. Each Poomsae builds on the techniques of the previous patterns, so students must continue to refine basic skills even while learning more advanced motions. The general structure of all the Taegeuk Poomsae is all based on the character of “王”, which is the Chinese character for “king”.



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The Taegeuk Poomsae are named and numbered in sequence from Taegeuk #1 to Taegeuk #8. The Korean words "Il, Ee, Sam, Sah, Oh, Yook, Chil and Pal" translate to "1st, 2nd, 3rd, 4th, 5th, 6th, 7th, and 8th". The Korean word "Jang" translates to "chapter" and so "Taegeuk Il Jang" translates to "1st chapter of Taegeuk". In this way, the Poomsae can be viewed together as chapters in a book.

The specific movements and transitions involved in each Poomsae represent their respective trigram symbols. A solid horizontal line is characterized by a "big turn" and a broken horizontal line is characterized by a "small turn". Below is the symbolic meaning to each of the Poomsae along with their associated trigram symbols.



Taegeuk Il Jang - Heaven

Taegeuk #1 represents the creative force of heaven. This Poomsae marks the beginning of the Taegeuk series and heaven is thought to be the source of all the other elements. This Poomsae should be performed with grace and poise.



Taegeuk Ee Jang - Lake

Taegeuk #2 represents both the peaceful and powerful nature of a calm lake. This Poomsae should be performed knowing that beneath a serene surface, one can also find tremendous strength.



Taegeuk Sam Jang - Fire

Taegeuk #3 represents the energetic nature of fire. Fire can lead to both creation and destruction. This Poomsae should be performed in a controlled manner, with enthusiastic bursts of energy.



Taegeuk Sah Jang - Thunder

Taeguk #4 represents thunder, which is a rapid release of energy from the sky. Thunder is one of the most powerful natural elementals, rumbling and crashing with great force. This Poomsae should be performed with an emphasis on sharp, precise movements.



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Taegeuk Oh Jang - Wind

Taegeuk #5 represents the unseen force of the wind. Wind can be embodied by both a light breeze and a furious hurricane. This Poomsae should be performed like the wind: gentle, but with the potential to generate destruction.



Taegeuk 6 Yook Jang - Water

Taegeuk #6 represents the flowing power of water. Through persistence, rivers are able to change the landscape and even move mountains. This Poomsae should be performed with the ribbon-like motion of flowing water.



Taegeuk 7 Chil Jang - Mountain

Taegeuk #7 represents the majestic presence of a mountain. Mountains are able to endure and maintain distinction for many millennia. This Poomsae should be performed in an elevated and dignified manner.



Taegeuk 8 Pal Jang - Earth

Taegeuk #8 represents the earth. The earth is the final destination for the other elements of the Taegeuk series and this is the final form before reaching Black Belt. Students should reflect on their entire Taekwondo journey while learning this form. This Poomsae should be performed with a grounded and humble strength.

Once students have mastered the techniques and concepts of the Taegeuk Poomsae, they are prepared to test for the rank of Taekwondo Black Belt. After their successful promotion, they will learn the more advanced Yudanja Poomsae series and the older Palgwe Poomsae series. Both of these have their own unique techniques and symbolism to discover!