

Yudanja Poomsae



MEANING OF YUDANJA POOMSAE

The symbolism of Yudanja Poomsae names lies in the cultivation of virtue and character development according to the teachings of Confucius, Buddha, and Zen, which ultimately boil down to the value of humanity. Yudanja Poomsae practice is based on traditional Korean thoughts, beginning with "Koryo." The Koryo Poomsae, representing *Seonbae* or *Seonbi* (scholars of virtue), is based on the scholarly spirit and strong martialism to become proficient in literary and military arts. "Keumgang" Poomsae represents the Buddhist perspective, hardness, and majesty. "Taebaek" is the name of a mountain, which means "bright mountain"; it symbolizes *Dangun's* perspective of "*Hongik Ingan*" (broadly benefiting the human world) and Mt. Baekdu, which is known as the cradle of the Korean people. "Pyongwon" refers to a plain—a vast, stretched-out land based on the idea of peace and struggle. "Shipjin" represents the 10 creatures of long life: sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer, and crane. It signifies an infinite number of the decimal system and ceaseless development. "Jitae" signifies a man with both feet on the ground, representing the struggle of human life, such as kicking, walking, and jumping on the ground. "Chonkwon" means the Heaven's Great Mighty. "Hansu" Poomsae symbolizes big water, which represents flexibility, tolerance, compatibility, and adaptability to overcome hardness with softness. "Ilyeo" represents the state of spiritual cultivation in Buddhism, which means "oneness." It is the essence of Venerable *Wonhyo's* thoughts. In Ilyeo, the body and mind, spirit and substance, I and you are unified to reach the state of self-effacement in "*Bon* (main body)," "*Che* (body)," and "*Yong* (use)."