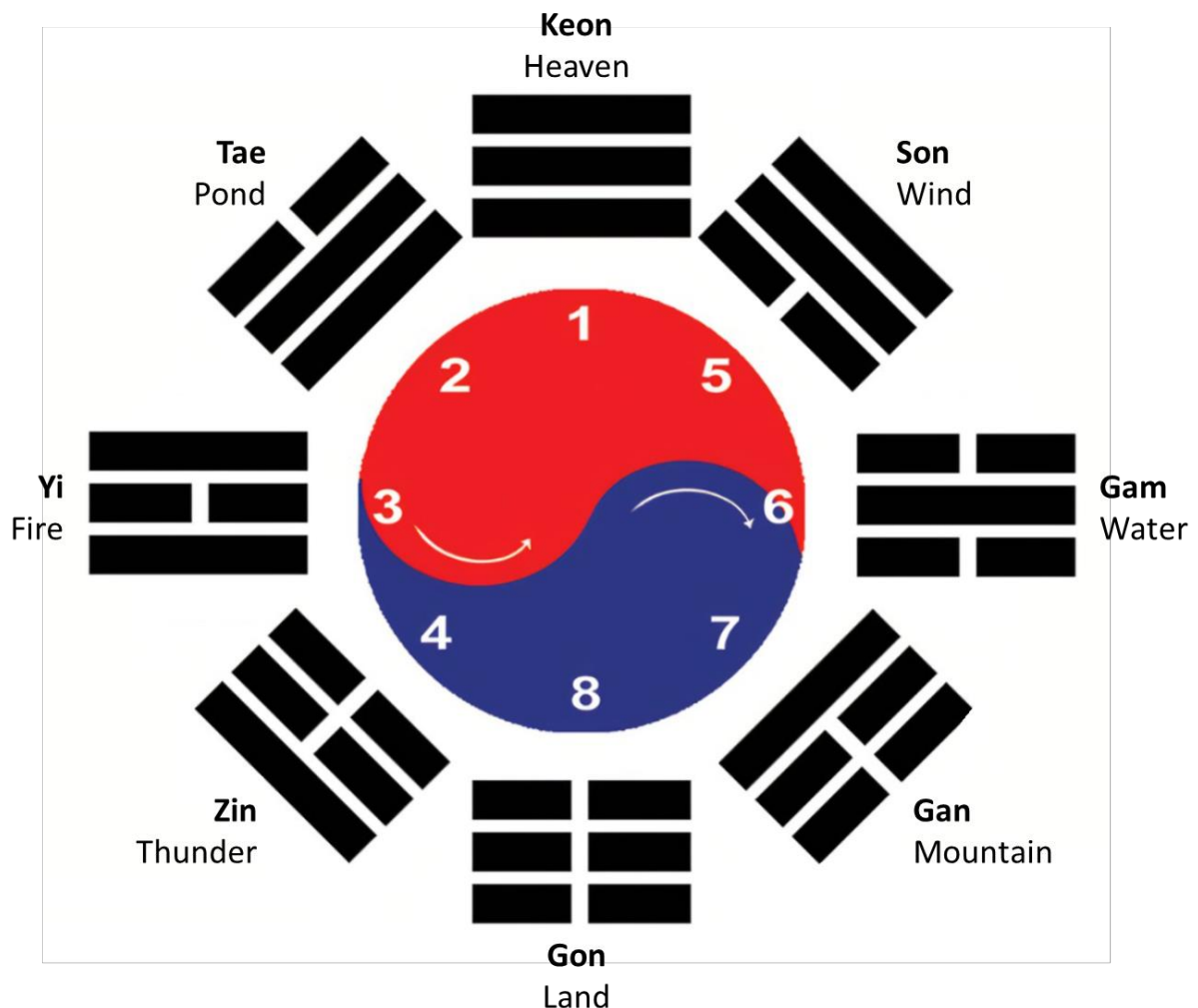


Poomsae Master Team: Lesson 1

Meaning of the symbol Taegeuk

The Taegeuk symbol represents the principles of the creation of the universe and the cycle of human life. It is depicted as an infinity symbol with two halves, representing yin (red) and yang (blue). These halves are in a constant state of rotation producing energy, and the source of life. The yin and yang represent the unity of opposing forces such as negative and positive, cold and hot, hardness and softness, creation and destruction, and material and non-material. Neither the yin or yang represent purely good or purely bad, but they both oppose each other while at the same time complement each other.









There are eight bar signs arranged outside the circle, known as trigrams (kwaes). Each trigram symbolizes a specific force of nature. You can also find trigrams in the four corners of the South Korean flag. Trigrams are represented by 3 lines where broken lines refer to yin and the solid lines to yang. The Taegeuk, infinity rotation, and yin-yang form the philosophical trinity described in the Samil Sinko, the scripture of the Korean race.



In Kukkiwon Taekwondo, students must learn the Taegeuk forms in order to advance to higher belt levels. These forms are known as poomsae. There are eight poomsae in total, each one more complex than the previous, to demonstrate the student's mastery of techniques. In the 1970s, Taegeuk replaced the older Palgwae poomsae that were previously used in Kukkiwon Taekwondo. Some schools still teach Palgwae which are similar to Taegeuk poomsae, but do not have any walking stances, and tend to be more complex for beginners.

The name of each Taegeuk form is a three-word phrase: The first word, "Taegeuk" refers to the principle of the "unity of opposites," the second word is the number 1 through 8 in the Sino-Korean numbering system, and the third word, "jang" roughly translates to "chapter."

The 8 Taegeuk Poomsae

	Taegeuk	Symbol	Meaning	Trigram	Definition
1	Il Jang	Keon (Gun)	Heaven (Sky)		Birth, beginning, root of all things
2	Ee Jang	Tae	Pond		Outside fragile & inside strong
3	Sam Jang	Yi (Ree)	Fire		Energy, vitality, heat, brightness
4	Sa Jang	Zin (Jin)	Thunder		Great strength, majesty
5	Oh Jang	Son	Wind		Calm but with authority
6	Yuk Jang	Gam (Kam)	Water		Flow, flexibility
7	Chil Jang	Gan (Kan)	Mountain		Mass, firmness
8	Pal Jang	Gon (Kon)	Land (Earth)		Source of growth

Common Characteristics of All Poomsae

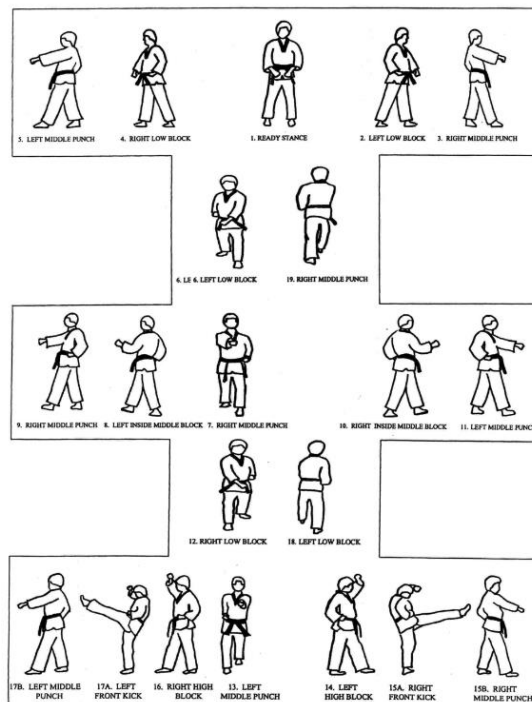
Poomsae, also known as forms or patterns, are pre-arranged sequences of movements in Taekwondo. There are common characteristics of all poomsae regardless of their individual difficulty and level to include:

- A series of defensive and offensive techniques, such as strikes, kicks, blocks and punches, executed in a specific order
- Focus on balance, power, and fluidity of movement
- Combination of both stationary and moving techniques
- Emphasis on proper breathing and mental focus
- Demonstration of the knowledge and understanding of the principles of Taekwondo
- The techniques learned and practiced can be applied in actual combat

Taegeuk Poomsae: Taegeuk Il Jang

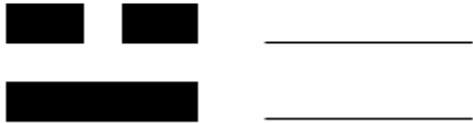
Taegeuk Il Jang is the first of eight forms in the Taegeuk series used by the Kukkiwon Taekwondo. The name "Il Jang" translates to "Chapter 1" in the Taegeuk series. Each form is represented by a trigram, which are divination symbols from the I Ching. The trigram for Taegeuk Il Jang is three solid lines, symbolizing the concept of "Keon" (as known as Gun), which represents the beginning of the creation of all things in the universe, heaven, sky, and serves as the foundation of the training in Taekwondo. This form is characterized by its simplicity, with most of the stances being walking stances, and the front stance being introduced to teach the student how to shift between stances. The techniques in this form include basic defense and offense moves such as low blocks, middle blocks, middle punch, front kicks and a Kihap. The turns are simple 90 degree or 180 degree turns, unlike the more difficult 270 degree turns seen in later forms. This form is typically practiced by 8th Gup grade trainees.

Key Movements: low blocks (*arae-makki*), inward middle blocks (*momtong-makki*), middle punch (*momtong-jireugi*), and front kicks (*ap-chagi*)

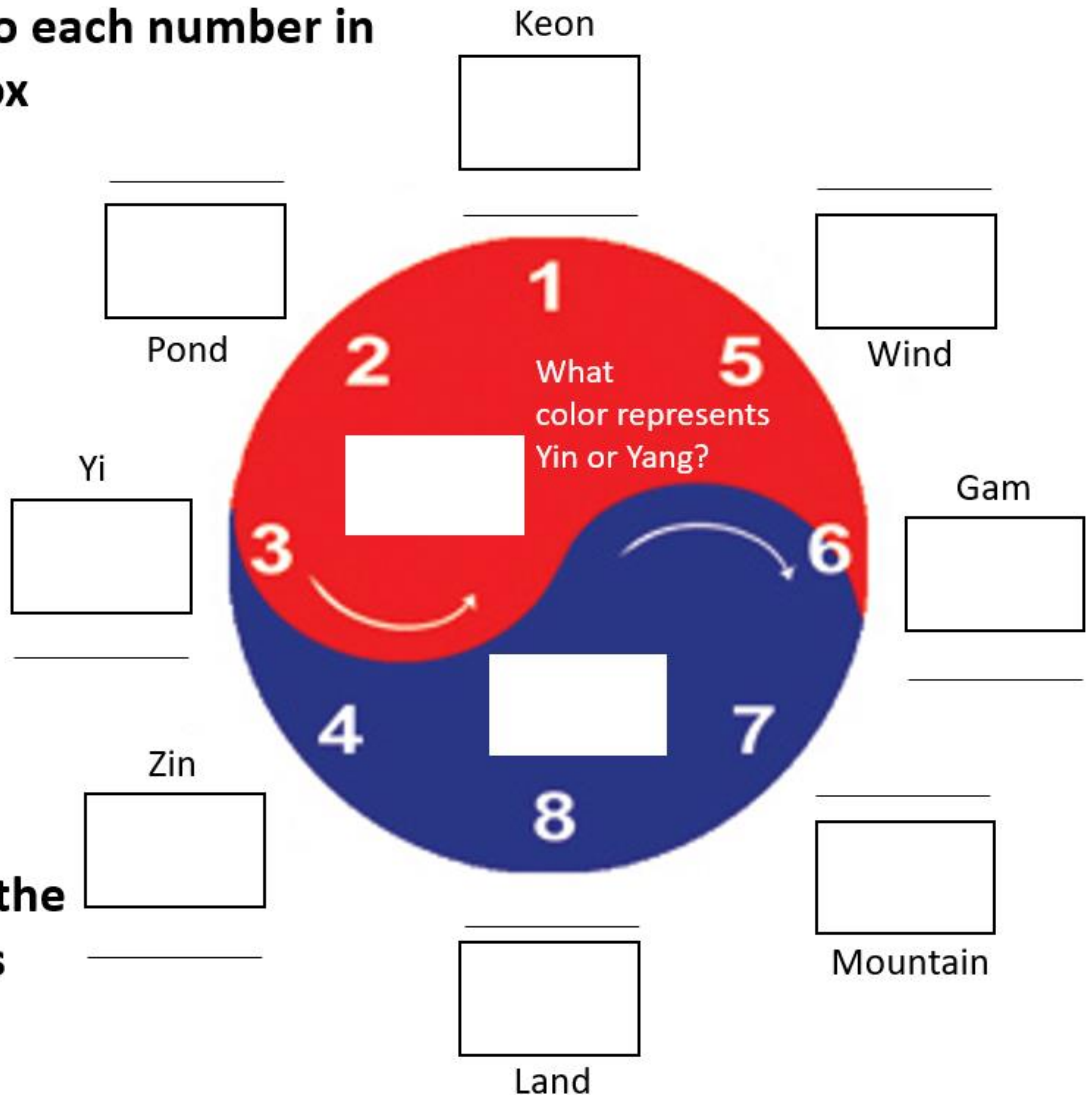


PMT Lesson 1: Homework

Which is Yin or Yang?



Draw the correct trigram next to each number in the box



Fill in the blanks