

## **Poomsae**

Poomsae, Tul, and Hyung are some of the terminologies we use for patterns or forms, in the Korean Arts. Poomsae is a very strong and important part of our Taekwondo training. It is a necessary repetition in becoming a complete martial artist. Learning these various fundamental steps of defensive blocks, jumps, stances, turns, yells, and strikes with the hands and feet are of great benefit to our martial arts training, and lives.

### **Palgwae Il Jang**

*KEON (Heaven, light)*

Keon is the first of the eight Palgwae, Keon is the creative force which inhabits all physical forces. Keon teaches us to be like the constantly changing universe, creative, active and diligent. Students should consider this concept as you perform this form, and allow it to influence the styling of your movements.

### **Palgwae Yi Jang**

*TAE (Joyfulness/lake)*

The 2nd Palgwae is Tae, Tae is the principle of joyfulness and manifests thought a clear and relaxed mind full of positive thoughts. This form should be performed gently but forcefully, with ease and fluidity. You should not be struggling against you limitations, but living fully within them.

### **Palgwe Sam Jang**

*RI (Fire, Sun)*

The principle of Ri is expressed thought enthusiasm in practice. Man needs fire to survive, however fire can have catastrophic results. The movements of fire are that of flickering energy with an unpredictable pace and continuous movement. Movements of this form should emulate the qualities of fire, with a variety of quickness and strength, while always maintaining complete control.

### **Palgwe Sah Jang**

*JIN (Thunder)*

Noise without substance, the principle of Jin is symbolized by thunder, and is expressed as bravery and steadfastness. This principle suggests that in the face of danger and fear we should act calmly and bravely.

### **Palgwae Oh Jang**

*SEON (Wind)*

Substance without noise, the principle of Seon is symbolized by wind. Wind changes directions and force without warning, therefore the principle of the form is that of contrasts. The actions of this form should at times be as gentle as a breeze, and at times as forceful as a storm. However you must keep a balance between these contrasts thought the entire form.

## **Palgwae Yook Jang**

### *GAM (Water)*

The principle of Gam is symbolized by water, liquid, and formless. Water flows around and absorbs all things. Gam teaches us that with self-confidence we can overcome all difficulties and hardships we encounter in life. Performer this form with fluidity, and the understanding that each action is exactly what is needed for the particular situation.

## **Palgwae Chil Jang**

### *GAN (Mountain)*

Immoveable mountain, the principle of Gan is symbolized by mountain, stable and majestic. Learn from the stability of a mountain and do not act in a hasty manner. You must learn where and when to stop. Perform the form with this in mind, and keeping all movement majestic and deserving of praise.

## **Palgwae Pal Jang**

### *GON (Earth)*

Gon is the 8th and last principle of palgwae and symbolizes earth. The Earth is where the creative force of heaven and light are realized into physical form. The earth is that from which all life springs, matures, and dies. Pal Jang is the last round in your first step of training, and is a stepping stone to the way of a dan-holder. Review the fundamental actions and concepts found in the pervious forms. From this platform more advanced forms can be studied.