

# Koryo Taekwondo Centre

## Dan/Poom Grading Syllabus

### Poomsae Palgwae and Taeguk

*After a number of meetings by the various Kwans in Korea, the Korean Taekwondo Association introduced the Palgwe forms to Taekwondo in 1964.*

*In 1973, the Taeguk forms were introduced for junior Taekwondo practitioners; however, it was not long after this that they became the official colour-belt forms for both the WTF and Kukkiwon.*

### Why do we practice Taekwondo Poomsae

*Poomsae or formwork is a method of solo training where the individual practices and perfects various movements in systematic patterns, using techniques against imaginary opponents.*

*In this way the practitioner is able to apply their technical knowledge and develop speed and power, balance, grace and rhythm in the execution of these techniques in various combination.*

*The individual will also learn to concentrate solely on their performance thus developing not only physical skills but depth of concentration, dedication and a strong positive mental attitude which are a part of the martial arts spirit that help further develop TaeKwonDo training.*

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### The meaning of Taegeuk Poomsae

*This set of forms is named after the ancient symbol of the Universe and literally means the "Great Absolute". It embodies the dual principles of "Um and Yang," more commonly know as Yin (negative) and Yan (positive)*

*Taegeuk is depicted by a circle divided evenly into two identical sequin shaped halves, the upper one red (yang) and the lower one blue (um). These are interlocked in perfect balance, representing the central concept of the Taegeuk philosophy, that within the sphere of the universe, the sphere of infinity, there is always constant movement whilst maintaining balance and harmony.*

*The main characteristics of Poomsae Taegeuk are the co-ordination of breathing and action and the proper adjustment of balance in the rapid execution of each movement.*

### The meaning of Palgwae Poomsae

*One of the most ancient philosophical works from the orient is the Joo-yeok (Book of Changes).*

*As the key subject of the Book of Changes, Palgwae (Eight Trigrams) expresses symbolically all the phenomena of man and the universe.*

*Palgwae is an expression of Universal providence, symbolizing it's mystery, its vastness and its infinity. The Essence of poomsae palgwae is that it should reflect the mystery of the Universe.*

*The application of this mysterious and profound philosophy into the movements of taekwondo is through poomse. When learning the art of Palgwae, the student should adhere to the basic principles of taekwondo, which are comprised of change, cooperation, conflict and harmony in accordance with the thought of Palgwe.*

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