

## Colored Belt Poomse

- 1  
Jang: Taegeuk 1 Jang represents the symbol of "Keon", one of the 8 Kwaes (divination signs), which means the "heaven and yang". As the "Keon" symbolizes the beginning of the creation of all thing in the universe, do does the Taegeuk 1 Jang in the training of Taekwondo. This poomsae is characterized by its easiness in practicing, largely consisting of walking and basic actions, such as arae-makki, momtong-makki, momtong-jireugi, and ap-chagi. The 8th Kup-grade trainees practice this poomsae.
- 2  
Jang: Taegeuk 2 Jang symbolizes the "Tae", one of the 8 divination signs, which signifies the inner firmness and the outer softness. An introduction of the olgul-makki is a new development of Taegeuk poomsae. The ap-chagi actions appear more frequently than in Taegeuk 1 Jang. The 10%th Kup-grade trainees practice this poomsae.
- 3  
Jang: Taegeuk 3 Jang symbolizes the "Ra", one of the 8 divination signs, which represent "hot and bright". This is to encourage the trainees to harbor a sense of justice and ardor for training. A successful accomplishment of this poomsae will give the trainees a promotion to a blue belt. New actions are sonnal-mok-chigi and sonnal -makki and dwit-kubi stance. This poomsae is characterized by successive makki and chigi, and continued jireugis. Emphasis is laid on the counterattacks against the opponent's chigi. The 6th Kup-grade trainees practice this poomsae.
- 4  
Jang: Taegeuk 4 Jang symbolizes the "Jin", one of the 8 divination signs, which represent the thunder meaning great power and dignity. New techniques are sonnal-momtong-makki, pyon-son-kkeut-jireugi, jebipoom-mok-chigi, yop-chagi, momtong- bakkat-makki, deung-jumeok-olgul-apchigi and mikkeurombal [slipping foot] techniques. Various movements in preparation for the kyorugi and lot of dwit-kubi cases characterize it. The 5th Kup-grade trainees practice this poomsae.
- 5  
Jang: Taegeuk 5 Jang symbolizes the "Son", one of the 8 divination signs, which represent the wind, meaning both mighty force and calmness according to its strength and weakness. New movements are me-jumeok-maeryo-chigi, palkup-dollyo-chigi, yop-chagi & yop-jireugi, palkup-pyo-jeok-chigi and such stances as kkoa-seogi, wen-seogi and oreun-seogi. This is characterized by the successive makkis such as area-makki and momtong-makki and also the chigi by thumbling after running. The 4th Kup-grade trainees practice this poomsae.
- 6  
Jang: Taegeuk 6 Jang symbolizes the "Kam", one of the 8 divination signs, which represents water, meaning incessant flow and softness. New movements are han-sonnal-olgul-bakkat-makki, dollyo-chagi, olgul-bakkat-makki and batang-son- momtong-makki in addition to pyonhi-seogi [at-ease stance]. One should be careful to make the kicking foot land on the ground correctly after dyolloyo-chagi and to lower the hand by a palm's length at the time of delivering a batang-son momtong-makki lower than in the palmok-makki. This is practiced by the 3rd Kup-graders.
- 7  
Jang: Taegeuk 7 Jang symbolizes the "Kan", one of the 8 divination signs, which represents the mountain, meaning ponder and firmness. New movements are sonnal-arae-makki, batangson-kodureo-makki, bo-jumeok-kawi-makki, mureup-chigi, momtong-hecho-makki, jechin-du-jumeok-momtong-jireugi,

otkoreo-arae-makki, pyojeok-chigi, yop-jireugi and such stances as beom-seogi and juchum-seogi. Smooth connection of movements is important for training. The 2nd Kup-graders practice this poomsae.

8  
Jang:

Taegeuk 8 Jang symbolizes the "Kon", one of the 8 divination signs, which represents "Yin" and earth, meaning the root and settlement and also the beginning and the end. This is the last of the 8 Taegeuk poomsaes, which may enable the trainees to undergo the Dan [black belt] promotion test. New movements are dubal-dangsong-bakkat-palmok-momtong-kodureo-bakkat-makki, twio-chagi, and palkup-dollyo-chigi. Emphasis must be laid on the accuracy of stepping and the difference between jumping-over kick and dubal-dangsong [alternate jumping kick in the air]. The 1st Kup-graders practice this poomsae.