

Black Belt Forms and Their Meanings

- 1** *Koryo* (Korea), early dynasty name. Each movement of the form should be performed with strong conviction to reflect the indomitable spirit and moral determination of the Korean people.
- 2** *Kumkang* (Diamond), too strong to be broken. The movements in this form should be performed powerfully to represent the immovable majesty of the mountain.
- 3** *Taebek* (Sacred mountain), ancient name for Mount Paekdoo, the highest and grandest mountain in Korea. The movements of this form should be performed with precision and rigorous dexterity as a sign of respect for the cultural heritage.
- 4** *Pyung Won* (Vast plain), a vast, open plain in all directions imports a feeling of majesty and life. It is the feeling of abundance and boundlessness that is the foundation of this form. The movements of this form should be done with a reserved grace to reflect this concept.
- 5** *Ship Jin* (Symmetry), literal meaning is decimal system. It represents endless growth and development in a balanced, systematic order. The movements of this form should be performed with precision, control, stability and balance.
- 6** *Ji Tae* (Earth). This form reflects the cyclical changes of the earth. The movements of this form should be done with emphasis on solidly rooted stances to represent our connection with the earth.

