Black Belt Forms and Their Meanings

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.

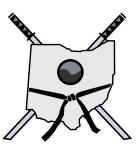
2 *Kumkang* (Diamond), too strong to be broken. The movements in this form should be performed powerfully to represent the immovable majesty of the mountain.

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.

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.



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