



Revised Meanings of Traditional Taekwondo Forms

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Journey to Black Belt

Ki-Bon (14 movements) means "the basics". It is the first form a taekwondo student learns to build their foundation for their journey to black belt.

Dan-Gun (21 movements) is named after the legendary king, Dangun who founded the Gojoseon Dynasty in 2333 BCE.

Do-San (24 movements) is the pseudonym of the patriot An Changho (1876-1938 C.E.). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Won-hyo (27 movements) was a noted monk and writer (617 – 686 C.E.) who brought new Buddhist teachings to the Silla Dynasty. He famously used singing and dancing to bring joy to those around him.

Yul-Guk (36 movements) is the pseudonym of the great philosopher and scholar Yi Yi, (1536-1584 C.E.) nicknamed the "Confucius of Korea". The diagram is derived from "seonbi" (鮮卑) which means scholar.

Joong-Gun (32 movements) was named after An Junggeun, who assassinated Ito Hirobumi, the first resident-general of Korea, who had led the invading Japanese Imperial army during the forced colonization of Korea. This pattern honors Mr. An's life which he used to stand up against oppression until he was executed in Liu-shin prison in 1910.

Hwa-Rang (31 movements) is named after the Hwarang youth group, an early government-funded education system in the Silla Dynasty. Its teachings contributed greatly to the unification of the 3 kingdoms of Korea.

Choong-Moo (31 movements) was the name given to the great Admiral Yi Sunsin of the Joseon Dynasty. He was reputed for inventing the first armored battleship Geobukseon, a precursor to the modern-day submarine (1592 C.E.). This pattern ends with a left-hand attack to symbolize his regrettable death, having no chance to show his full potential checked by his loyalty to the king.

Gwang-Gae (42 movements) is named after Gwanggaeto the Great, the 19th king of the Goguryeo Dynasty, who regained the lost ancestral territories including the greater part of Manchuria. The diagram (±) represents the expansion and recovery of the lost territories.

Black Belt: Qualifying Program

Po-Eun (36 movements) was the pseudonym of the loyal subject Jeong Mong-Ju (1338-1392 C.E.) who was a poet, diplomat, and early physicist. He wrote the famous lines "I would not serve a second master, though I might be crucified a hundred times". The diagram (-) represents his unerring loyalty to his king and country at the end of the Goryeo Dynasty.

Ge-Baek (44 movements) is named after Gyebaek (660 C.E.), a great general in the Baekje Dynasty. The diagram (I) represents his severe and strict military discipline.

Choong-Jang (54 movements) is the pseudonym given to Kim Deok Ryeong (1567-1596 C.E.), a general during the Joseon Dynasty. He protected his country so ferociously that the enemy troops called him "Ho-Ik" (Tiger Wing). The pattern ends with a left-hand attack to symbolize the tragedy of his death in prison before he was able to reach full maturity.

Yoo-Sin (69 movements) is named after General Gim Yu-Sin (595-673 C.E.), a commanding general during the Silla Dynasty. The ready posture represents a sword drawn on the right rather than the left side, symbolizing Yu-sin's mistake of following his king's orders to fight with foreign forces against his own people.

Black Belt: Foundational and Advanced Qualifying Programs

Toi-Gye (37 movements) is the pen name of the noted scholar Yi Hwang (1502-1571 C.E.) an authority on neo-Confucianism. The diagram is derived from "seonbi" (鮮卑) which means scholar.

Ul-Ji (42 movements) is named after General Eulji Mundeok who successfully defended Goguryeo against the Sui ("sway") invasion force led by Emperor Yang (612 C.E.). General Eulji, using hit-and-run tactics, was able to disseminate a large percentage of the force. The diagram (乙) represents his surname. The 42 movements represent the author's age when he designed the pattern.

Eui-Am (45 movements) is the pseudonym of Son Byong Hi (1861-1922 C.E.), leader of the Korean independence movement on March 1, 1919. He was the first person to sign the Korean Declaration of Independence. The diagram (I) represents the indomitable spirit he displayed while dedicating himself to the prosperity of his nation.

Yon-Gae (51 movements) is named after Yeon Gaesomoon, a famous general turned Grand Prime Minister of the Goguryeo dynasty who rebelled against his king when the king agreed to subjugate the country to the Tang Dynasty. Grand Prime Minister Yeon was able to force the Tang invasion out of Goguryeo in 649 CE, after the Tang army lost many soldiers and resources during an unsuccessful 4-month long siege of the fortress city Ansis-eong, led by Commander Yang Manchun.

Kim-Ju (42 movements) (formerly Woo-Nam) is named after youth protester Kim Juyul, whose death incited the April 19 Revolution (1960 C.E.). When investigations showed that corrupt authorities hid Kim's body to cover up his death at the hands of police when he was protesting the results of a fraudulent election, outrage sparked across the nation and led to the president's resignation. Now this pattern is dedicated to victims of political corruption and the people who persist in holding their governments accountable.

Sam-il (33 movements) denotes the historical date of the Korean independence movement on March 1st, 1919 C.E. The 33 movements represent the 33 patriots who organized the movement.

Baekdu (53 movements) (formerly Juche) was modeled after the Baekdu Mountain on the northern border of North Korea. Though the author intended for this pattern to serve as a bridge that would ultimately reunite families separated when foreign powers divided the Korean peninsula into South Korea and North Korea, this pattern instead became a political dividing line that cleaved even the world of Taekwondo. Now as Baekdu, this pattern is dedicated to all the people around the world that have fled oppressive regimes, fought to improve their countries, and/or worked to reunite families split apart by wars and governments.

Se-Jong (24 movements) is named after King Sejong the Great of the Joseon Dynasty (1397-1450 C.E.) who invented Hangeul: the Korean writing system used today. He also encouraged many scientific and technological advances under his rule. The 24 movements represent the 24 characters in the Korean alphabet. The diagram (王) represents "king".

So-San (72 movements) is the pseudonym of the great Buddhist master Hyujeong (1520-1604 C.E.) of the Joseon dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil, Sa Myung Dang. The monk soldiers helped repel the waegu pirates who overran much of the Korean peninsula in 1592 C.E.

Ko-Dang (55 movements) is the pseudonym of the patriot Cho Man-sik (1883-1950 C.E.), who dedicated his life to the succession and education of the nation. He used non-violent opposition to help his country regain its independence.

Journey to Master

Choi-Yong (46 movements) is named after General Choe Yeong (1316-1388 C.E.) of the Goryeo Dynasty. Choe Yeong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Seonggye, who later became the first king of the Joseon Dynasty.

Tong-il (67 movements) denotes the late authors' hope for the unification of Korea, which has been divided since 1945. The diagram (I) symbolizes people being as one.

Moon-Moo (69 movements) honors the 30th king of the Silla Dynasty (626-681 C.E.). In accordance with his will, his ashes were buried underwater at Daewang-am (Great Kings Rock) "where my soul shall forever defend my land" against the enemy.