

# WOLVES MARTIAL ARTS

## KOREAN TERMINOLOGY – BLACK BELT MEANINGS

### BLACK BELT CHECKLIST

If you have read the Wolves Black Belt Checklist, and are currently training for your black belt regardless of Dan level, you will need to explain the meaning of your current poomsae and learn Korean terminology used in Taekwondo.

If you require a list of Korean terminology used in Taekwondo, please refer to the “Korean Terminology – English Translations” handout available from the Download section of the Wolves Martial Arts website.

The following list explains the meanings of the Black Belt Dan 1-4 poomsae:

### **KORYO > BLACK BELT DAN 1**

*Koryo* is the name of an ancient dynasty (dated AD918-1392). In this period, much of Asia had fallen to the Mongolian Empire. The Mongolians tried to overcome the *Koryo* dynasty, but were unsuccessful by the *Koryo* dynasty defence. In this poomsae, all blocks, strikes and kicks should be emphasised by strong motions in every movement, and should reflect the strong conviction and unyielding spirit of the *Koryo* people.

### **KEUMGANG > BLACK BELT DAN 2**

*Keumgang* has dual qualities of hardness and beauty. The “hardness” is represented by the substance of the diamond. The beauty comes from the beautiful mountain in Korea called *Keumgang-san*. Combining these dual qualities, *Keumgang* should be performed with power and balance.

### **TAEBAEK > BLACK BELT DAN 3**

*Taebaek* is the name of a mountain which is associated with light, and therefore the source of life. The mountain is known as Mount Baekdoo, which was once the region where the Korean nation was founded more than 4,300 years ago. This poomsae should therefore symbolise the bridge between heaven and earth.

### **PYONG-WON > BLACK BELT DAN 4**

*Pyong-won* means a land plain which is vast and stretched out. It is the source of all life for all creatures and humans to live their life. This poomsae is based on the idea of peace and the struggles that result from the origin and transformation of the plain.