

WOLVES MARTIAL ARTS

KOREAN TERMINOLOGY – COLOURED BELT MEANINGS

TAEGUEK 1 > WHITE BELT/YELLOW BELT (1 STRIPE)

This poomsae uses kicking techniques, ready stance, forward and extended forward stances. These techniques are associated with the first concept of the Book of Changes which is called *Keon*. *Keon* is the creative force which inhabits all physical forms. *Keon* is powerful and aggressive, and it is represented by heaven and light.

TAEGUEK 2 > YELLOW BELT (2 STRIPES)

This poomsae is associated with the concept of *Tae* which means joy. *Tae* is of a spiritually uplifting nature, but is not aggressive, it is gentle and serene instead. *Tae* is symbolised by the image of a lake. The techniques used in this poomsae should be used with ease and fluidity.

TAEGUEK 3 > YELLOW BELT (3 STRIPES)

Taegeuk 3 is associated with the concept of *Ri* which means fire and sun. This poomsae copies the qualities of fire – flickering energy, moments of quiet followed by bursts of great excitement, but continuously moving.

TAEGUEK 4 > BLUE BELT (1 STRIPE)

This poomsae is associated with the concept of *Jin* which means thunder. This poomsae expresses elements of fear and trembling, just as a passing thunderstorm – this fear is expressed in this pattern by courage. It contains blocks, strikes, and front kicks that require force, immediately followed by back stances.

TAEGUEK 5 > BLUE BELT (2 STRIPES)

Taegeuk 5 expresses a concept called *seon*. *Seon* encompasses all the characteristics of wind – gentle, yet strong. This concept is pure, without evil intent, being like the wind. For the first time, hammer fist strikes, and a cross legged stance are introduced. A powerful elbow strike is also used, in combination with quick flowing movements.

TAEGUEK 6 > BLUE BELT (3 STRIPES)

This poomsae expresses a concept called *gam*. *Gam* is defined as water: flowing, shapeless, always true to its nature, incorporating everything in its path. This poomsae, like water, is performed with fluidity and the knowledge that every action or situation can be overcome, while retaining the qualities of acceptance, flow, and integrity.

TAEGUEK 7 > RED BELT (1 STRIPE)

This poomsae expresses a concept called *gan*. *Gan* is symbolised by the image of a mountain, as the principle of stability, with a noble and majestic character. This pattern uses a stance called the tiger stance repeatedly, in which most of your weight is put on your back leg, requiring stability.

TAEGUEK 8 > RED BELT (2 STRIPES)

This poomsae expresses a concept called *gon*. *Gon* is defined as the quality of being receptive, and symbolised by the earth. This poomsae is intended as a summation and a review of all the previous patterns.