

ABOUT PATTERNS

Uhm and Yang represent harmony of all life force. The harmony becomes unbalanced and the stronger of the two overflows into the weaker creating an unbalanced state of Uhm and Yang. The state of balance and unbalance of the two forces constantly fluctuate throughout life. These constant changes however follow a certain orderly course without exception.

Taegeuk Poomses are designed according to the Taegeuk Principle. The opposing phenomena of nature are the main formula of the Taegeuk Poomse: challenge and response, offense and defense, attack and retreat, fast and slow, hard and soft.

The keys in practicing the Taegeuk Poomses are in managing the internal and external energy properly and performing with adequate breath, speed, and power control. Special attention must be given to the transitional techniques, by shifting the center of the gravity perpendicular to the ground, in order not to lose bodily balance. Each technique must be performed with complete focus and dynamic energy.

The Korean Taekwondo Association have provided these mpg videos. They show eight Coloured belts and eight Black Belt patterns. Please Note: As these files are large it may take a while to download.

Further clarification on pattern specifics can be obtained from the Kukkiwon - [Click Here](#)