

**Poomse Koryo** - Koryo (Korea) is the name of an old Korean Dynasty. The people from the Koryo period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.

**Poomse Keumgang** - The definition of Keumgang is "Too hard to be broken", or "diamond". The movements of the Poomse Keumgang are as beautiful as the Keumgang-san (a Korean mountain) and as hard as Keumgang-seok (diamond).

**Poomse TaeBaek** - The legendary 'Dangoon' founded a nation in Taebaek, near Korea's biggest mountain Baekdoo. Baekdoo is a symbol for Korea. The definition of Taebaek is "lightness". Every movement in this Poomse must not only be exact and fast, but with determination and hardness.

**Poomse Pyongwon** - The definition of Pyongwon is "stretch, vast plain": big, majestic.

**Poomse Sipjin** - Sipjin stands for decimal. This Poomse represents the orderliness of the decimal system. It also means the endless development and growth in a systematic order: stability.

**Poomse Jitae** - Jitae is derived from the meaning of the earth. All things evolve from and return to the earth, the earth is the beginning and the end of life.

**Poomse Cheonkwon** - Cheonkwon means 'sky'. The sky should be seen as ruler of the universe. It is both mysterious, infinite and profound. The motions of Cheonkwon are full of piety and vitality.

**Poomse Hansoo** - This poomse is derived from the fluidity of water which easily adapts within nature.

**Poomse illyeo** - The state of spiritual cultivation in Buddhism is called 'Illyeo' which means more or less 'oneness'. In Illyeo, body and mind, spirit and substance, I and you are unified. The ultimate ideal of taekwondo can be found in this state. It is a discipline in which we concentrate on every movement leaving all materialistic thoughts, obsessions and external influences behind.