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Poomse Taeguk 1 Il Jang -- Heaven (beginner mind)

The first Taeguk is the beginning of all Poomses. The associated trigram represents Yang (heaven, light), therefore, this Poomse should be performed with the greatness of Heaven.



Poomse Taeguk 2 Ee Jang -- Still Lake (Strong inside, calm and gentle outside)

In the depths of the lake are treasures and mysteries. The movements of this Taeguk should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.



Poomse Taeguk 3 Sam Jang -- Fire (Energy Setting a goal)

Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.



Poomse Taeguk 4 Sa Jang -- Thunder (Action)

Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This Taeguk/Palgwe should be performed with this in mind.



Poomse Taeguk 5 Oh Jang -- Wind (Unseen force)

Wind is a gently force, but can sometimes be furious, destroying everything in it's path. Poomse Taeguk/Palgwe Oh Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.



Poomse Taeguk 6 Yook Jang -- Water (Flowing Motion)

Water can move a mountain. The movements of this Poomse should be performed like water. Sometimes standing still like water in a lake, sometimes thriving as a river.



Poomse Taeguk 7 Chil Jang -- Mountain (Never giving up)

Mountains will always look majestic, no matter the size. This Poomse should be performed with the feeling that all movements are this majestic and deserved to be praised.



Poomse Taeguk 8 Pal Jang -- Earth (Circle of life)

The associated trigram of this Poomse is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this Taeguk, one should be aware that this is the last Taeguk to be learned, it also is the end of a circle, and therefore it is also the first, the second etc.