

# TAE GEUK/PALGWE POOMSE/BELT INTERPRETATIONS & PHILOSOPHIES

Basic Form – **Interpretation – Innocence**

Philosophy – No previous knowledge of Tae Kwon Do. Belt - Innocence



**Palgwe/Tae Geuk Il Jang** – Interpretation - Heaven (Keon)

Philosophy - The beginning, the creation. Belt – Plant seeded



**Palgwe/Tae Geuk Ee Jang** – Interpretation - Joy (Tae)

Philosophy - Serene & gentle. Belt – Earth



**Palgwe/Tae Geuk Sam Jang** – Interpretation - Fire (Ri)

Philosophy - Continually moving, burning. Belt – Plant Growth



**Palgwe/Tae Geuk Sa Jang** – Interpretation - Thunder (Jin)

Philosophy - Courage to face your fears. Belt – Heaven



**Palgwe/Tae Geuk Oh Jang** – Interpretation - Wind (Seon)

Philosophy - Sometimes gentle, sometimes forceful. Belt – Water



**Palgwe/Tae Geuk Yuk Jang** – Interpretation - Water (Gam)

Philosophy - Constant flow. Belt - Water



**Palgwe/Tae Geuk Chil Jang** – Interpretation - Mountain (San)

Philosophy - Wisdom & stability. Belt – Danger



**Palgwe/Tae Geuk Pal Jang** – Interpretation - Earth (Gon)

Philosophy - The beginning & the end. Belt – Opposite of white

NOTE: TAE GEUK POOMSE ARE INSIDE OF THE FLAG  
(UM/YANG; PALGWE POOMSE ARE OUTSIDE OF THE FLAG  
(THE BARS)