

## **TaeKwonDo Tidbits**

Master Erica Linthorst

### **Giving form meaning**

The seventh (7th) form we learn (color belt **Pal-gwe chil-jang**, black belt **T'ae-guk chil-jang**) represents the **Gan** which stands for Mountain. A mountain is stable and cannot be moved. It will always look majestic no matter what its size. From this form we learn to move suddenly and solidly, without wavering. Our motions must also be majestic.

### **Language we use**

**Do-bok** This is the special uniform we use when training our bodies and minds. If you look carefully, you will see that it has 3 shapes: circle (symbolizing the heaven), square (representing the earth), and triangle (illustrating mankind). The trinity of the trousers (**um**) standing for the earth; the top (**yang**) representing the heaven; the belt (**tti**) forming a circle standing for man himself all speak to the spirit of **samjae** or completeness. A person is a micro universe.

Tying the belt should result in a triangle. This ceremonial process is to collect energy so that the practitioner can utilize **ki** in the application of techniques.

**Kyuckpa** This is the art of breaking. It is a method of measuring power and speed. The most critical aspects of this element of **TKD** are technique, power, flexibility, speed, focus, and agility.

**Kyorugi** "Faster, Higher, Stronger" was the motto which helped **TaeKwonDo** enter the Olympic arena. Sparring may be performed in drills requiring 1-, 2-, or 3-steps in a clearly configured pattern. There is also free-sparring where regulations are basic, and Olympic style where points are tallied according to degree of difficulty and accuracy.

### **Philosophically speaking**

Many (ancient) writers have shared thoughts with us if we can but read and understand them. Here are 2 offerings for you to ponder: (From Teachings of Zen edited by Thomas Cleary)

On "The Great Way" Wu Men (1183-1260) wrote:

The great way is right before our eyes, but it is still hard to see what is right before our eyes. If you want to know the true substance of the great way, it is not apart from sound and form, words and speech.

On "Daily Activities" Hsueh-yen (fl.ca.1253)

The way is in daily activities; it is used every day, unknowingly. That is why it is said, "Knowing is false consciousness, not knowing is indifference." .... If you can't get through, it's better to just walk when walking, just sit when sitting.