

“TAEBAEK” (MOUNTAIN)
(26 MOTIONS, 6 KICKS, 15 PUNCHES, 2 KI-UP)

The mythological story about the founding of Korea says that about four thousand and three hundred years ago, legendary Dangoon founded the nation for the first time in Taebaek, present-day Mount Baekdoo.

Mount Baekdoo is the loftiest and grandest mountain in Korea. As many be understood, Poomse “Taebaek” has its basic principles of movement from the word “Taebaek” with the meaning of light and being looked upon as sacred by the Korean people. Mount Baekdoo is regarded as the symbol of Korea. Therefore, every motion of Poomse “Taebaek” according to these principles, should be displayed not only precisely and nimbly but also with rigor and a determined will.