

## **Palgae Forms (Hyung or Poomse)**

Forms are a pre arranged set of basic techniques designed to teach balance and coordination. The choreographed combinations of blocking, striking, kicking and movement will become the next stage of development, after learning their basic techniques. If your basic techniques were like the “alphabet” of Taekwondo, containing the individual motions, forms would be more like simple sentences and basic words. Throughout the forms training, a student develops their “penmanship.” Forms training are demanding both physically and mentally. In addition to strong basic techniques, concentration and memory are both important to perform the forms correctly. They have also been called a form of “moving meditation.”

### **Palgae Forms**

The system of forms that we will focus on in class is the Palgae forms. The names of the Palgae forms stem from the I Ching. In the I Ching the universe is broken down into 8 combinations of forces. Each of the Palgae forms symbolizes and is named for these combinations.

Palgae 1: Keon represents heaven and light.

Palgae 2: Tae represents joy often associated with the word “lake.”

Palgae 3: Ri represents fire and clarity.

Palgae 4: Jin represents arousing thunder.

Palgae 5: Seon represents gentle yet powerful wind.

Palgae 6: Gam represents flowing water.

Palgae 7: Gan represents stubborn and mountain.

Palgae 8: Gon represents the earth.

### **Proper Execution of the Forms**

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**Technique:** Without the proper knowledge of the basic techniques, forms training lose its practicality. On the most basic level, the student is learning self defense against multiple attackers. If the basic techniques are not strong then neither are the execution of the forms. Taekwondo is also a martial art. It is in forms training that the “art” in martial “art” becomes more evident. The coordination and the timing lead to a visual piece of performance art that allows the practitioner to exhibit their strength and power, yet

**Memorization:** Forms training provides the practitioner to further enhance the mind body link. They are made to not only perform the moves correctly, but also memorize complex movement patterns. This helps with the muscle memory as well as the ability to retain complex information.

**Posture and Balance:** Moving the body in and out of the various positions of the forms helps the student keep proper balance and work on their posture. The combination of proper posture and correct balance aid in the student finding and maintaining their center of gravity throughout the form.

**Timing:** Forms have their own unique timing. In the first basic forms, each movement is done quickly but still focus on the maintenance of proper technique. The pace of the form wants to again be slow enough to have correct movements but fast enough to see the speed and power of each movement. In some of the high level forms, the speed of the form and technique may vary depending on its intended use.

**Power:** Many students have a tendency to “walk through” the form, especially in the initial stages of learning. What we must remember is that each movement is designed with a purpose and that we need to execute each move with that purpose in mind. If you are executing a block then you have to have enough power in the block so that when faced with a strike, your block will be effective. As with any technique, the way you practice in class is the way that you will execute it on the street. With this in mind we always want to practice with strength and power.

### **Directional Changes:**

Forms teach us how to work in various directions and use our footwork to get us there. Many of the directional changes force us to change our technique at the same time. Not only are we having to use our brains to know which direction and which movement, but we are now having to physically do it. We also use forms to cover distance on training floor. Each form follows a different pattern. For example when executed, Palgae 1 forms an “1” pattern on the floor. It is through forms that we can practice these changes and movements in a very set and systematic way. This provides a training tool that can be taken anywhere and is relatively simple to learn.