



TAEKWONDO CURRICULUM

FORM/POOMSE ILYEO

Requirement

Required For 4th Degree Black Belt

Interpretation / Explanation

Ilyeo means the thought of the great Buddhist priest of the Silla Dynasty, Saint WonHyo, which is characterized by the philosophy of oneness of the mind and body.

It teaches that a point, a line, or a circle ends up, after all, in one.

Therefore, the poomsae Ilyeo represents the harmonization of spirit and body, which is the essence of Martial Art; after a long training of various types of techniques and the spirited cultivation of Taekwondo practice.