



TAEKWONDO CURRICULUM

FORM/POOMSE KEUMGANG

Requirement

Required For 3rd Degree Black Belt

Interpretation / Explanation

The diamond is the hardest substance known to man. It also can represent perfection and clarity. The flawless diamond is of great value. It also is a symbol of beauty, and because of this meaning, the Korean people have named the most beautiful mountain range in the Korean peninsula Keum Gang san.

The theme of the diamond's strength carries into Buddhism, where that which can break off every agony of mind with the combination of wisdom and virtue is called Keum Gang.

The form Keum Gang moves to the outline of the Chinese character for Mountain.

Your movements in this form must be based on a spiritual strength that is as beautiful in its perfection as the Diamond Mountains; and is as hard and adamant as the Diamond, strong enough to cut off all distractions.