



## TAEKWONDO CURRICULUM

# FORM/POOMSE KORYO (KOREA)

### Requirement

Required For 2<sup>nd</sup> Degree Black Belt

### Interpretation / Explanation

The name Korea derives from the name of the ancient dynasty Koryo (A.D. 918-1392). The Koryo men were people of strong convictions and will which they demonstrated in battle. They persistently resisted the aggressions of the Mongolians, who were sweeping the world at the time. Their firm resolution and intrepid spirit, born of wisdom rather than brute strength or numbers, earned them the title of "Men Of Convictions".

The form Koryo can be a way of activating the strength that arises from firm convictions. With every motion, you must demonstrate confidence and strong will.