



## TAEKWONDO CURRICULUM

# FORM/POOMSE TAEBAEK

### Requirement

Required For 3<sup>rd</sup> Degree Black Belt

### Interpretation / Explanation

Taebaek is the name of the mountain with the meaning of "bright mountain" where Tangun, the founder of the nation of the Korean people reigned the country. The bright mountain symbolizes sacredness of soul and Tangun's thought of "hongik igan" (humanitarian ideal).

There are numerous sites known as Taebaek, but Mt. Paektu, which has been typically known as the cradle of the Korean people, is the background of naming the Taebaek poomsae.