

Choong-Sil Kwan Philosophy

The purpose of Choong-Sil Kwan Taekwondo is to develop an individual's mental and physical well being through a highly stylized and deliberate method of rigorous martial arts training. The result of this training is the empowering sense of self-worth, and the ability to control one's physical state and personal destiny.

The student is guided into four stages of philosophical development.

- 1. Imagination
- 2. Inspiration
- 3. Actualization
- 4. Realization

In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

With goals firmly in mind, the students must learn to inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

Actualization is taking the first step and entering into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle not only improves oneself, but also the immediate world around you. This concept of "constant and never-ending improvement" is the ultimate purpose of Choong Sil Kwan.

White Belt

Song Song 상상:

(30 moves, right foot returns)

Song Song means "Imagination." In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

Chon Ji 천지:

(19 moves, left foot returns)

Chon Ji means literally "the Heaven the Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history; therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heavens and the other, the Earth.

Yellow Belt

Dan Gun 단군:

(21 moves, left foot returns)

Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Do San 도산:

(24 moves, right foot returns)

Do San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Green Belt

Won Hyo 원효:

(28 moves, right foot returns)

Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Yul Gok 율곡:

(38 moves, left foot returns)

Yul Gok is the pseudonym of a great philosopher and scholar Yi-I (1536-1584), nicknamed the "Confucius of Korea." The 38 movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram (±) represents scholar.

Blue Belt**Joong Gun 중근:**

(32 moves, left foot returns)

Joong Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

Yong Gom 영감:

(40 moves, left foot returns)

Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to inspire themselves into action, as they develop a sense of self-worth. Without this, they may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

Toi Gye 퇴계:

(37 moves, right foot returns)

Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude, the diagram represents "scholar."

Red Belt**Hwa Rang 화랑:**

(29 moves, right foot returns)

Hwa Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Hyun Sil 현실:

(50 moves, left foot returns)

Hyun Sil means “Actualization.” Actualization is to take the first step and enter into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

Choong Moo 충무:

(30 moves, left foot returns)

Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the king.

First Degree Recommended Black Belt**Kwang Gae 광개:**

(39 moves, left foot returns)

Kwang Gae is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (±) represents expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

First Degree Black Belt**Po-Eun 포은:**

(36 moves, left foot returns)

Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400), who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ge-Baek 계백:

(44 moves, right foot returns)

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram (I) represents his severe and strict military discipline.

Sil Hyun 실현:

(60 moves, right foot returns)

Sil Hyun means “Realization.” Realization refers to the attainment of one’s goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle improves not only oneself, but also the immediate world around you. This process of “constant and never ending improvement” is the ultimate purpose of Choong Sil Kwon.

Second Degree Recommended Black Belt

Eui-Am의암:

(45 moves, right foot returns)

Is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name Dong Hak (Oriental Culture) to Chando Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Second Degree Black Belt

Choong-Jang 충장:

(52 moves, left foot returns)

Is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Kodang코당:

(39 moves, left foot returns)

Kodang is the pseudonym of the Korean patriot and educator Cho Man Sik, a member of its independence movement. The 39 movements of the pattern represent his numerous times of imprisonment and his birthplace on the 39th parallel.

Juche 주체:

(45 moves, right foot returns)

Is a philosophical idea that man is the master of everything and decides everything; in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in the Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram (↓) represents Baekdu Mountain.

Third Degree Black Belt**Sam-II 삼일:**

(33 moves, left foot returns)

Denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned this movement.

Yoo-Sin 유신:

(68 moves, right foot returns)

Is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

Choi-Yong 최영:

(46 moves, right foot returns)

Is named after General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty.

Fourth Degree Black Belt

Yon-Gae 연개 :

(49 moves, right foot returns)

Is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

Ul-Ji 을지:

(42 moves, left foot returns)

Is named after General Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D. Ul-Ji, employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram (L) represents his surname. The 42 movements represent the author's age when he designed the pattern.

Moon-Moo 문무:

(61 moves, right foot returns)

Honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

Fifth Degree Black Belt

So-San 서산:

(72 moves, right foot returns)

Is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Yi Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil, Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

Se-Jong 세종:

(24 moves, left foot returns)

Is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

Sixth Degree Black Belt

Tong-II 통일:

(56 moves, right foot returns)

Denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogeneous race.