

# ITF Forms and Meanings

## **Chon-ji (19 movements) White**

*Meaning-* Heaven and Earth or Beginning; 19 movements, 11 offensive, 8 defensive, 3 techniques (low block, middle punch to solar plexus, side block)

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## **Dan-Gun (21 movements) Yellow**

*Meaning-* Legendary founder of Korea. Founded in 2333 B.C. 21 movements

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## **Do San (24 movements) Green**

*Meaning-* Patriot An who devoted his life to furthering the education of Korea and it's independent movement. 24 movements

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## **Won Hyo (28 movements) Green- Black Stripe**

*Meaning-* The monk who introduced Buddhism to the Silla Dynasty in 686 A.D. 28 movements

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## **Yul Gok (38 movements) Blue**

*Meaning-* The philosopher and scholar Yi I (Yee EE) who was nicknamed Confucius of Korea. The 38 movements represent his birthplace on the 38th latitude of Korea.

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## **Joong Gun (32 movements) Blue- Black Stripe**

*Meaning-* Patriot Ahn Joong Gun, who assassinated the 1st Japanese Governor General of Korea. There are 32 movements which represents Ahn's age when he was executed at Lui-Shung Prison in 1910

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## **Toi-Gye (37 movements) Brown**

*Meaning-* The pen name of the scholar Yi Hwang (Yee fwang), who was an authority on neo-confucianism. There are 37 movements which represents his birthplace on the 37th latitude of Korea.

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## **Hwa Rang (29 movements) Poome**

*Meaning-* The elite youth group that eventually unified the three kingdoms of Korea. 29 movement.

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## **Choong-Moo (30 movements) Poome**

*Meaning-* Was the given name to the great Admiral Yi Soon-Sin of the Lee dynasty. He was reputed to have invented the first armored battleship (Kobukson) which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends up 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. 30 movements

## **KWANG-GAE (39 movements) 1<sup>st</sup> Dan**

*Meaning-* Named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo dynasty, who regained all the lost territories including the greater part of Manchuria. The pattern represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

## **PO-EUN (36 movements) 1<sup>st</sup> Dan**

*Meaning-* Is a pseudonym of a loyal subject Chong Mong-Chu (1400 A.D.) 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. The pattern has 36 movements.

## **GE-BAEK (44 movements) 1<sup>st</sup> Dan**

*Meaning-* Is named for Ge-Baek, a great general in the Baek Je dynasty (660 A.D) The diagram represents his severe strict military discipline. 44 movements.

## **EUI-AM (45 movements) 2<sup>nd</sup> Dan**

*Meaning-* 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 of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

## **CHOON-JANG (52 movements) 2<sup>nd</sup> Dan**

*Meaning-* is the pseudonym given to General Kim Duk Ryang who lived during the Lee 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.

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## KO-DANG (original form in ITF) (39 movements) 2<sup>nd</sup> Dan

*Meaning-* Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.

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## SAM-IL (33 movements) 3<sup>rd</sup> Dan

*Meaning-* 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 the movement.

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## YOO-SIN (68 movements) 3<sup>rd</sup> Dan

*Meaning-* 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 left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.

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## CHOI-YONG (46 movements) 3<sup>rd</sup> Dan

*Meaning-* 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 Lee Dynasty.

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## Yon Gae (49 Movements) 4<sup>th</sup> Dan

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

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## UL-JI (42 Movements) 4<sup>th</sup> Dan

*Meaning-* UL-JI 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 AD, UI-JI employing hit and run guerilla tactics was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

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## **Moon-Moo (61 Movements) 4<sup>th</sup> Dan**

*Meaning-* Moon Moo 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 6612 AS when Moon Moo came to the throne.

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## **So-San (72 Movements) 5<sup>th</sup> Dan**

*Meaning-* So San is the pseudonym of the great monk Choi Hyong Ung (1520 - 1604) during the Lee 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.

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## **Se Jong (24 Movements) 5<sup>th</sup> Dan**

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

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## **Tong Il: (56 movements) 6<sup>th</sup> Dan**

*Meaning-* Tong Il denotes the resolution of the unification of Korea, which has been divided since 1945. The diagram symbolizes the homogenous race.

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