



BURNTWOOD & CANNOCK

MEANING OF PATTERNS

WHAT IS A PATTERN

A PATTERN IS A SET OF FUNDAMENTAL MOVEMENTS, MAINLY DEFENCE AND ATTACK, SET IN A LOGICAL SEQUENCE TO DEAL WITH ONE OR MORE IMAGINARY OPPONENTS. PATTERNS ARE A INDICATION OF A STUDENTS PROGRESS.

WHY DO WE PROFORM PATTERNS

WE PRACTISE PATTERNS TO IMPROVE AND DEVELOP SPARRING TECHNIQUES, FLEXIBILITY OF MOVEMENT, MASTER BODY SHIFTING AND TO DEVELOP MUSCLES, BREATHING AND BALANCE.

WHY DO WE LEARN THE MEANING OF PATTERNS.

TO DRAW INSPIRATION FROM THE HEROIC FIGURES IN KOREA OR INSTANCES REALATING TO HISTORICAL EVENTS.

24 PATTERNS

THE REASON FOR 24 PATTERNS IN TAE KWON DO IS, GENERAL CHOI COMPARED THE LIFE OF A MAN WITH A DAY IN THE LIFE OF THE EARTH AND BELIEVED THAT SOME PEOPLE SHOULD STRIVE TO A GOOD SPIRITUAL LEGACY.

CHON JI 19

LITERALLY MEANS THE HEAVEN AND 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 IS SPLIT INTO TWO SIMILAR PARTS, ONE TO REPRESENT THE HEAVEN AND THE OTHER THE EARTH.

DAN GUN 21

IS NAMED AFTER THE HOLY DAN GUN, THE LEGENDARY FOUNDER OF KOREA IN THE YEAR 2333 BC.

DO SAN 24

IS THE PSEUDONYM OF THE PATRIOT AHN CHANG HO (1876 1938) WHO DEVOTED HIS ENTIRE LIFE TO FURTHERING THE EDUCATION OF KOREA AND ITS INDEPENDENT MOVEMENT.

WON HYU 28

WAS THE NOTED MONK WHO INTRODUCED BUDDHISM TO THE SILLA DYNASTY IN THE YEAR 686 AD.

YUL GOK 38

IS THE PSEUDONYM OF THE GREAT PHILOSOPHER AND SCHOLAR YI I (1536 1584 AD) NICKNAMED THE CONFUCIUS OF KOREA. THE 38 MOVEMENTS IN THIS PATTERN REFER TO HIS BIRTHPLACE ON A 38 DEGREE LATITUDE AND THE DIAGRAM REPRESENTS SCHOLAR.