



## Martial Arts / Korean Philosophy

### STEP 7: MARTIAL ARTS / KOREAN PHILOSOPHY:

The following are questions a new Black Belt should be ready to answer at testing. The questions are designed to help better understand his/her martial art and to provide an avenue for the new Black Belt to educate the lower ranking students on some areas of history and philosophy.

- Explain the various symbols on the Korean flag.

The “Tae Kook Gye” is the Korean flag. “Tae Kook” means “the original of all things in the universe.” The circle in the center of the flag is divided into portions of red and blue by a horizontal “S”. These red (top) and blue (bottom) portions symbolize the Um and Yang theory of eternal duality which exists within nature (hot-cold, light-dark, ect).

The four “gye” (bar designs) in the corner of the flag are based on the Um and Yang principal of light and darkness. The locale of these bye represent the four points of the compass. Lower left indicates dawn and early sunlight as the sun rises in the east. The upper left represents bright sunshine when the sun is in the south. The upper right represents twilight as the sun moves to the west. And the lower right indicates total darkness when the sun is in the north.

- Explain how a black belt achieves power using the formula, Kinetic Energy (Power) =  $\frac{1}{2} \text{Mass} \times V^2$ .

Mass pertains to either the hand or foot, whichever will be used as the striking tool. “Velocity” is the speed at which the mass is moving. If you take the mass and divide it in half, calculate the speed and multiply it by itself and then multiply the speed by the mass you have the formula to judge the amount of power in a strike or kick. It is important to notice how increasing the speed (“velocity”) will increase your power far more significantly than increasing the mass (or muscle). This list the reason Taekwondo can be effective for everyone!

- A good Taekwondo technician measures his technique not only by whom he defeats, but rather by his defeat of his own imperfections in technique and training. How does this proverb differentiate an athlete from a martial artist?

“Knowing others is wisdom, knowing the self is enlightenment.  
Mastering others requires force, mastering the self needs strength.”  
—Lao Tzu, Tao Te Ching