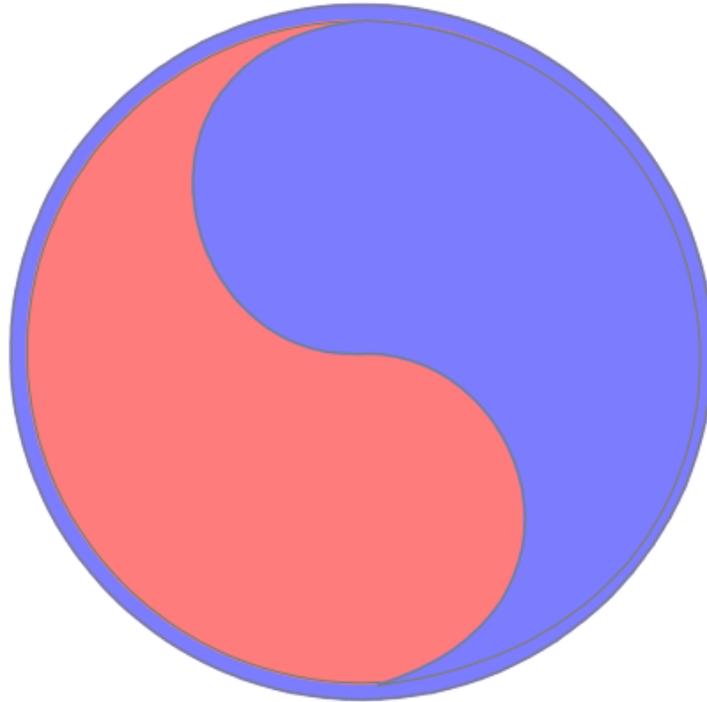




Taegeuk poomse



Taegeuk Il jang

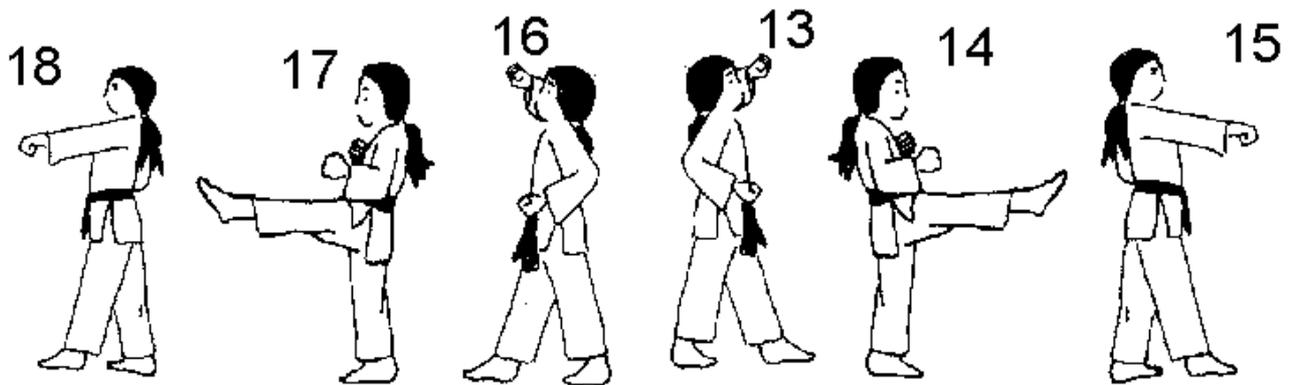
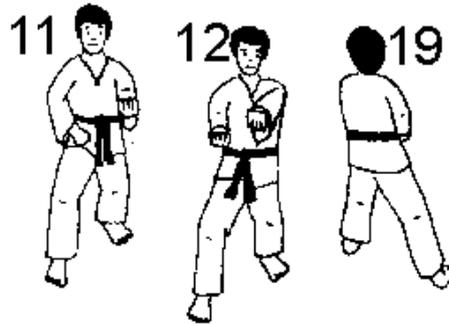
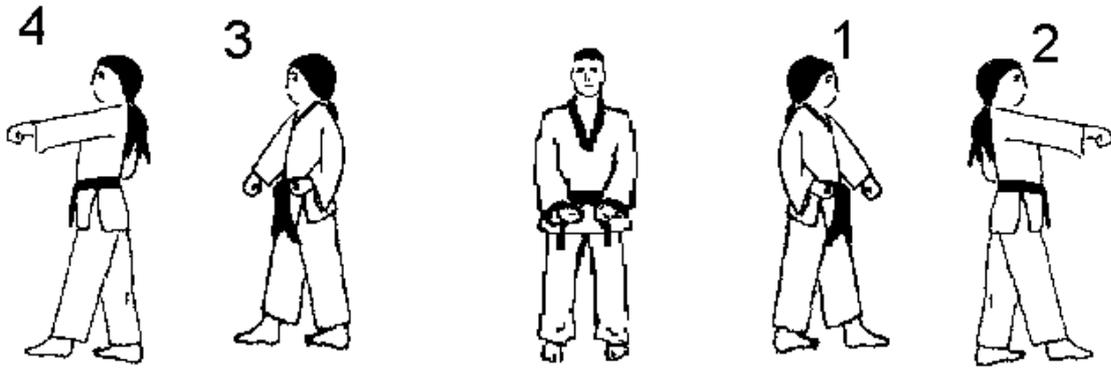
prima forma: aria
Keon

“ E' qui il principio di ogni cosa. E com'è maestoso l'inizio se ha con se la grandezza del cielo, il sapore dell'aria...”

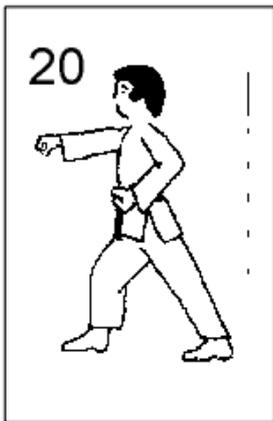
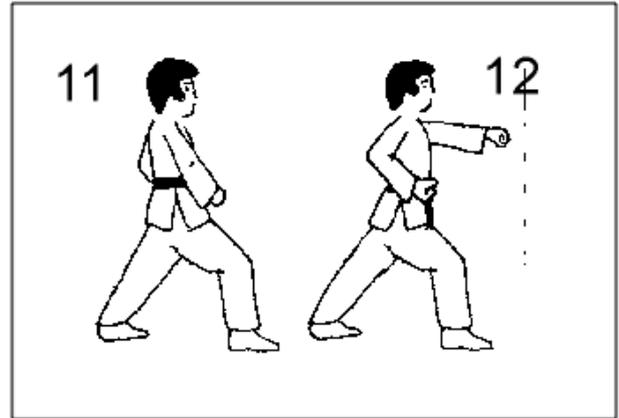
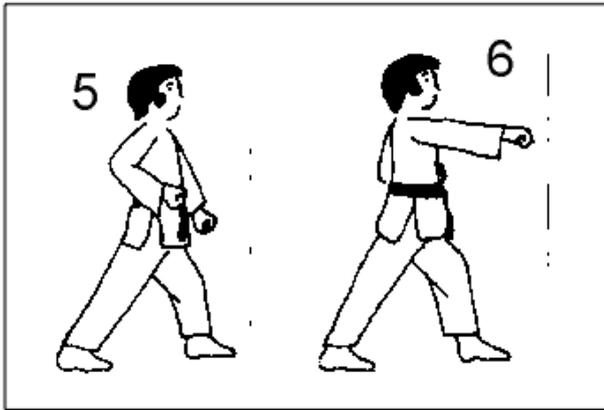


Il taegeuk il jang è l'inizio di tutte le forme. Il trigramma (Keon) rappresenta il cielo e la luce: il cielo donatore di pioggia e la luce del sole sono gli elementi essenziali per la crescita. Perciò keon è sorgente di vita, energia. Questa forma dovrebbe essere eseguita con la grandezza del cielo.

Taegeuk il jang



태극 1장



**Viste laterali di
alcune posizioni**

15 13e14 16e17 18

19 11e12

10 9 7 8

20 5e6

2 1 P 3 4

Schema riepilogativo
dei passi, messi
sopra il simbolo
del 1° taegeuk.

Taegeuk I jang

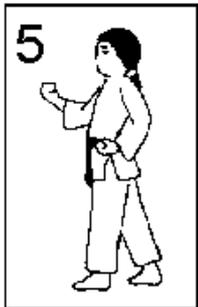
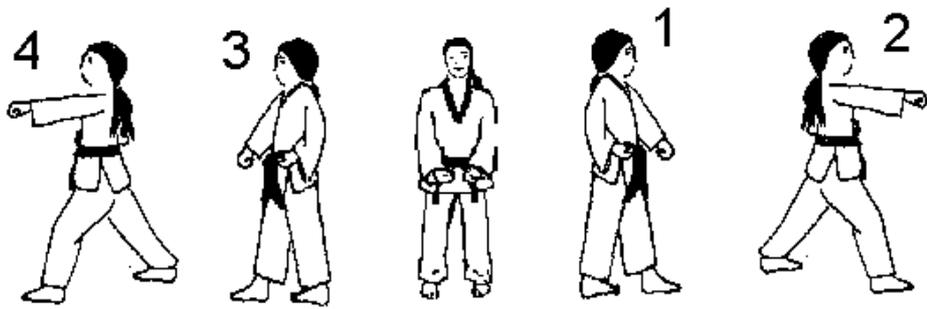
seconda forma: lago
Tae

“...E nel profondo egli trovò tesori nascosti. Non esistono limiti invalicabili, nemmeno quelli che noi crediamo lo siano.”

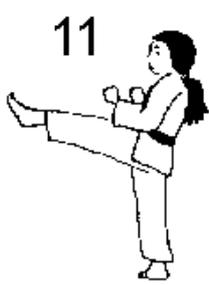
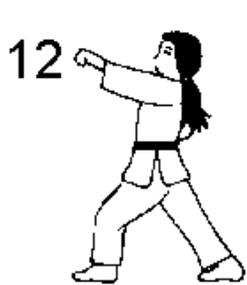
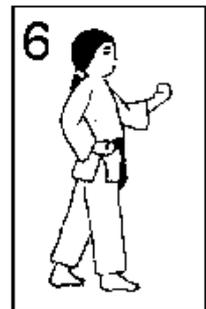


Il trigramma (Tae) simbolizza il lago e la felicità come forza pacifica, tranquilla, calma che prevale sui cattivi istinti dell'uomo manifestando la fermezza del controllo sulla mente. Tae è l'acqua cheta del lago che traspare tutta la nostra gioiosità.

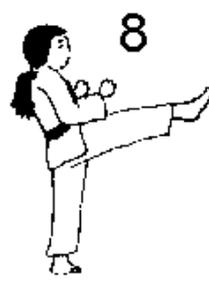
Taegeuk ih jang



6



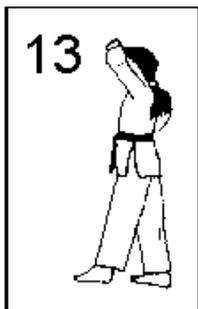
7



8



9



13



14



14



15

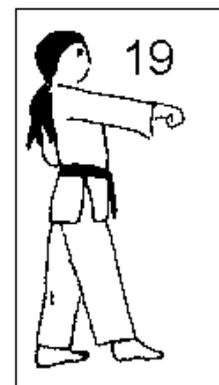
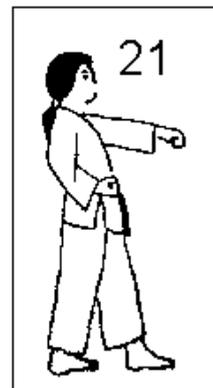
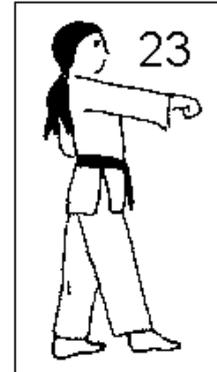
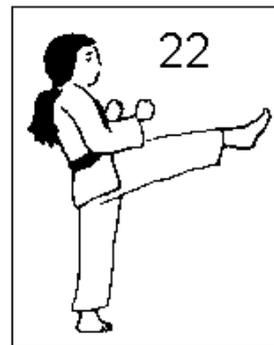
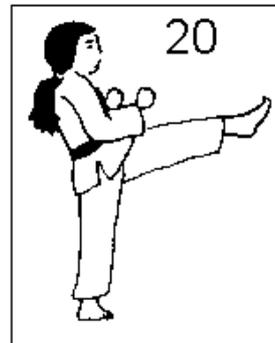
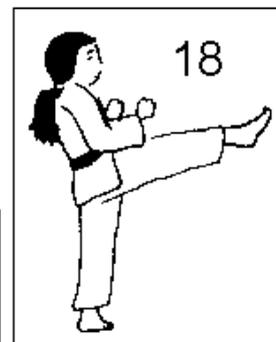
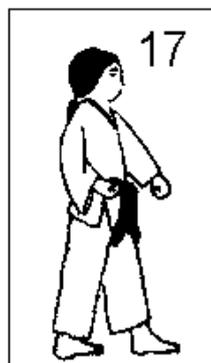
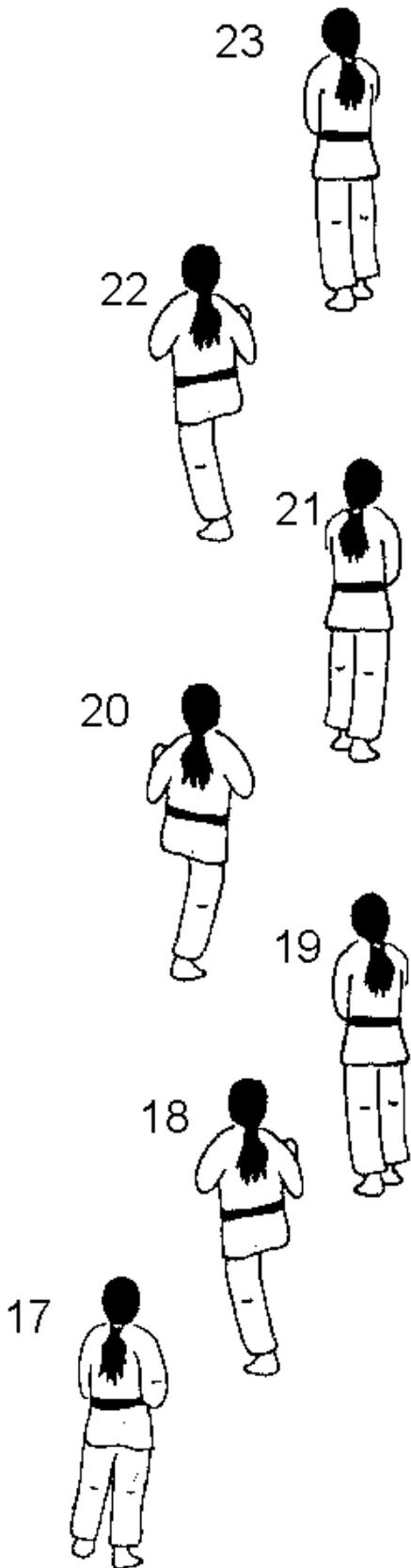


16

Tecniche nel rientro alla posizione di partenza



Viste laterali

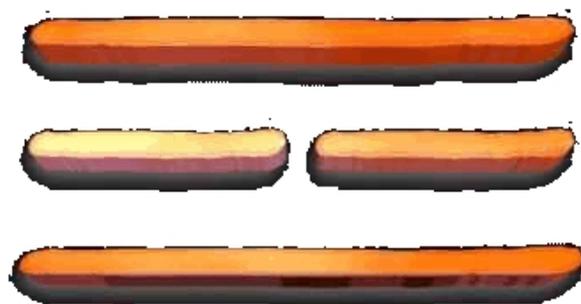


Taegeuk sam jang

terza forma: fuoco

Ri

“Senza la sua energia non vi è vita, ma rammenta sempre le conseguenze che può avere se non controllato.”



Il trigramma Ri rappresenta il fuoco e il sole come fonte di calore dei nostri cuori e delle nostre anime.

Questa forma dovrebbe essere eseguita ritmicamente con accessi di energia.

태극 3 장

Disposizione delle tecniche sopra il terzo trigramma.

23	21	17	19
24	22	18	20

15

11	13
12	14

9

3e4	1e2	P	5e6	7e8
-----	-----	---	-----	-----

Andata



25e26

27,28e29

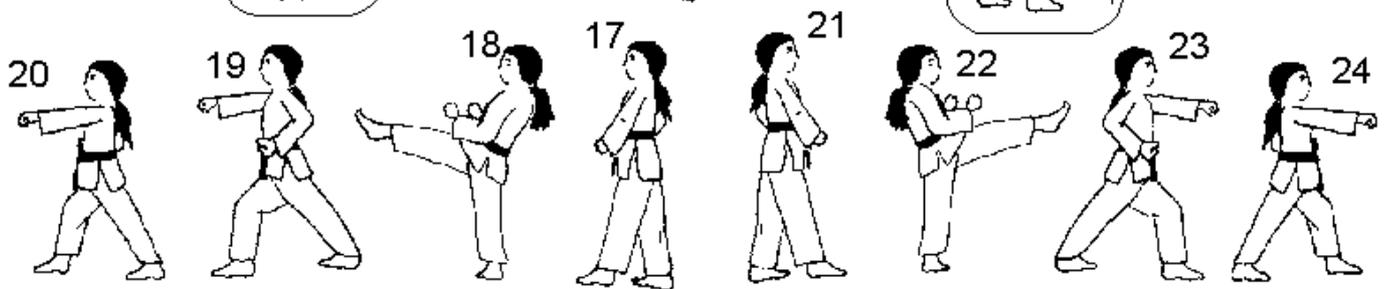
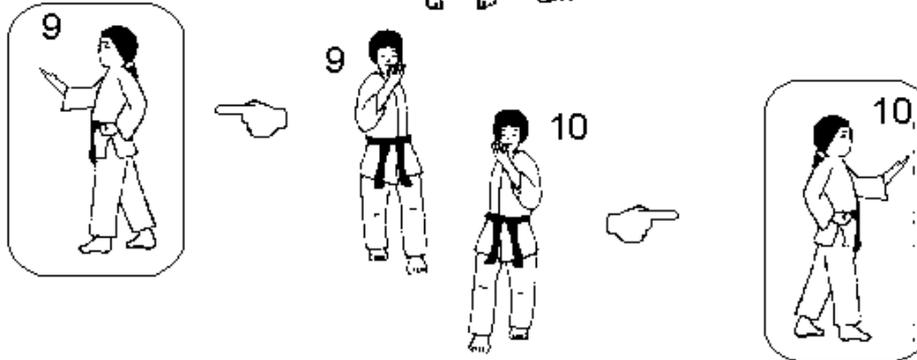
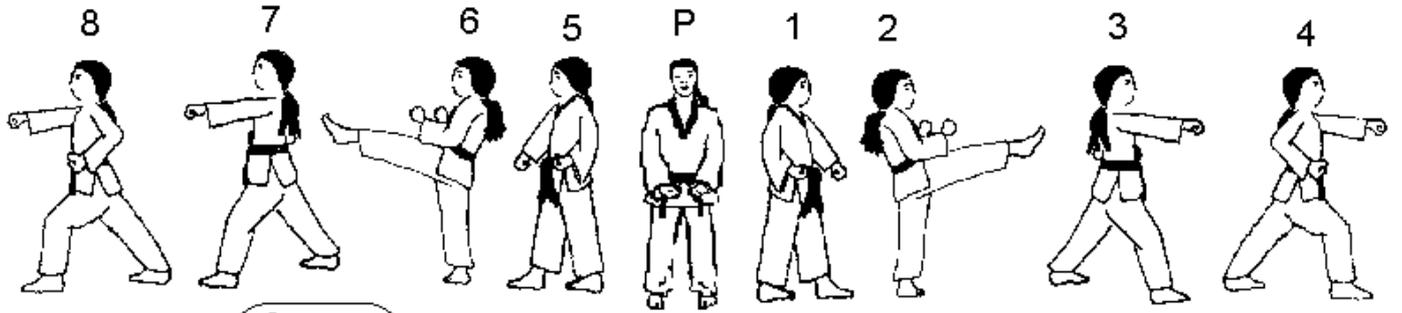
30,31e32

33e34

Rientro



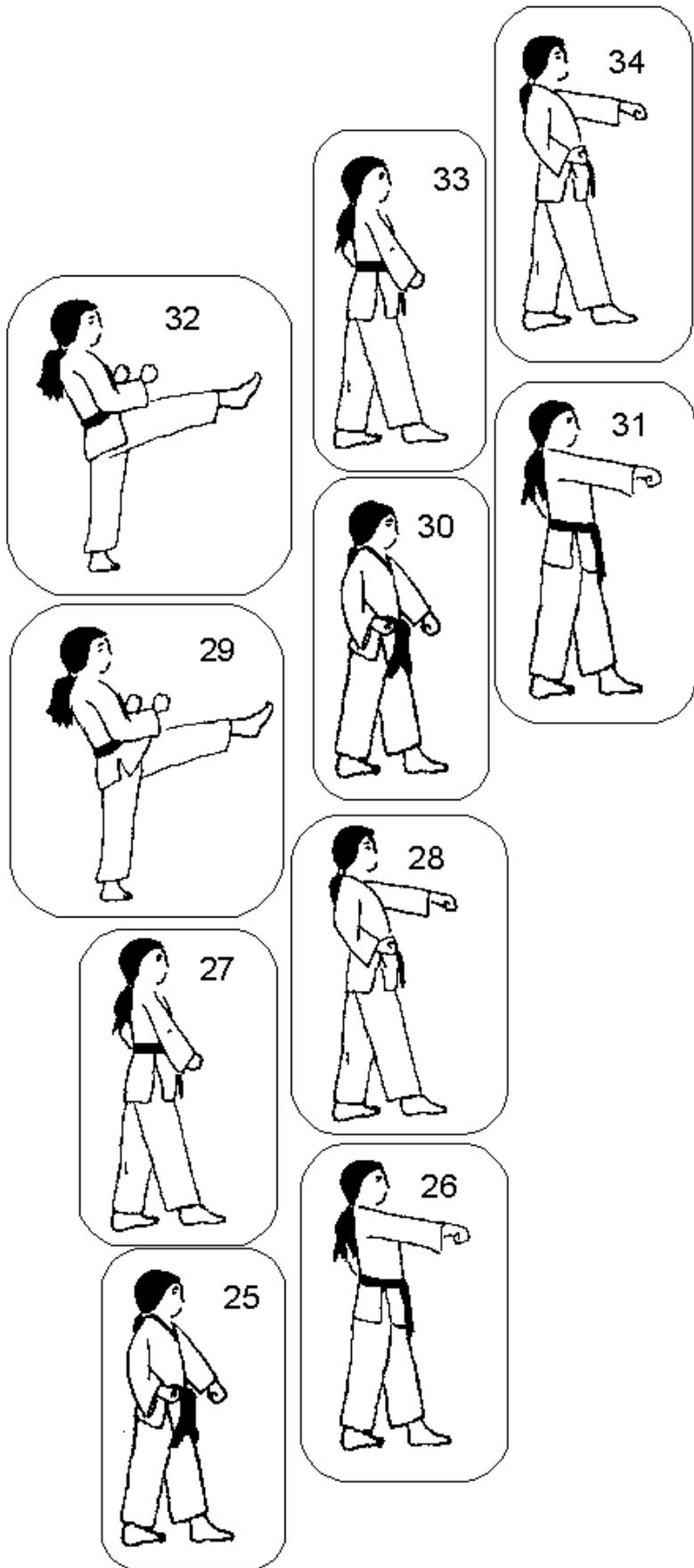
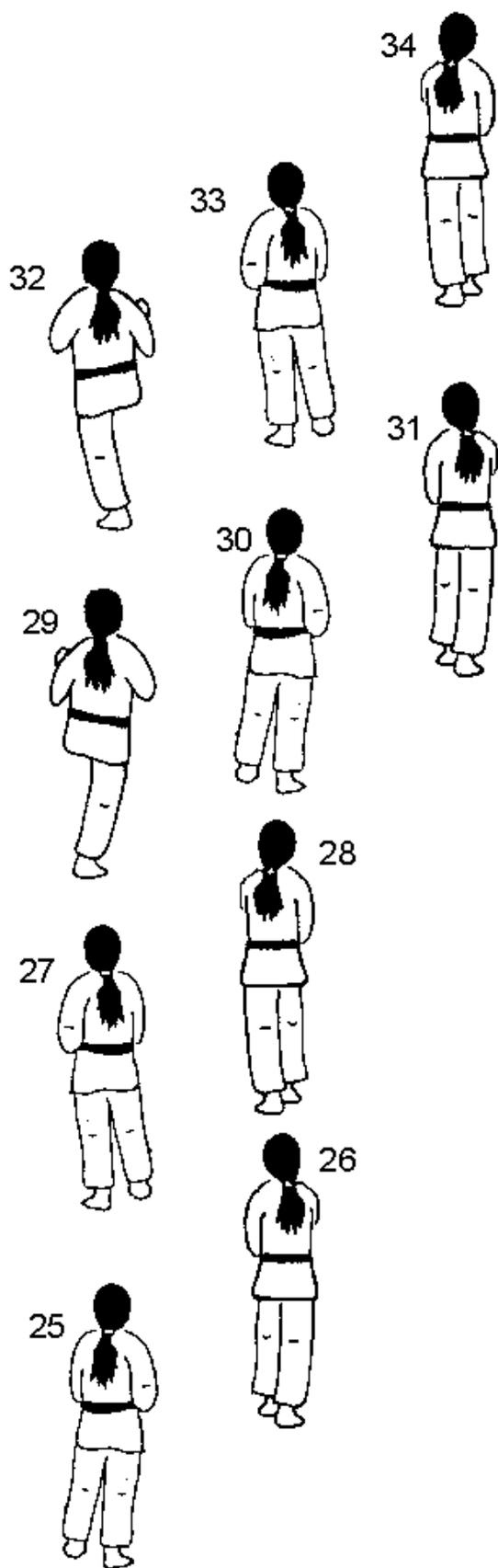
Taegeuk sam jang



Rientro alla posizione di partenza



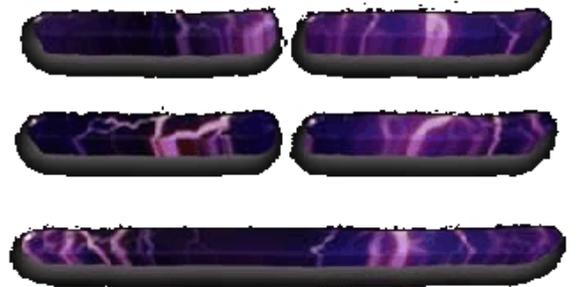
Viste laterali



Taegeuk sa jang

quarta forma: tuono
Jin

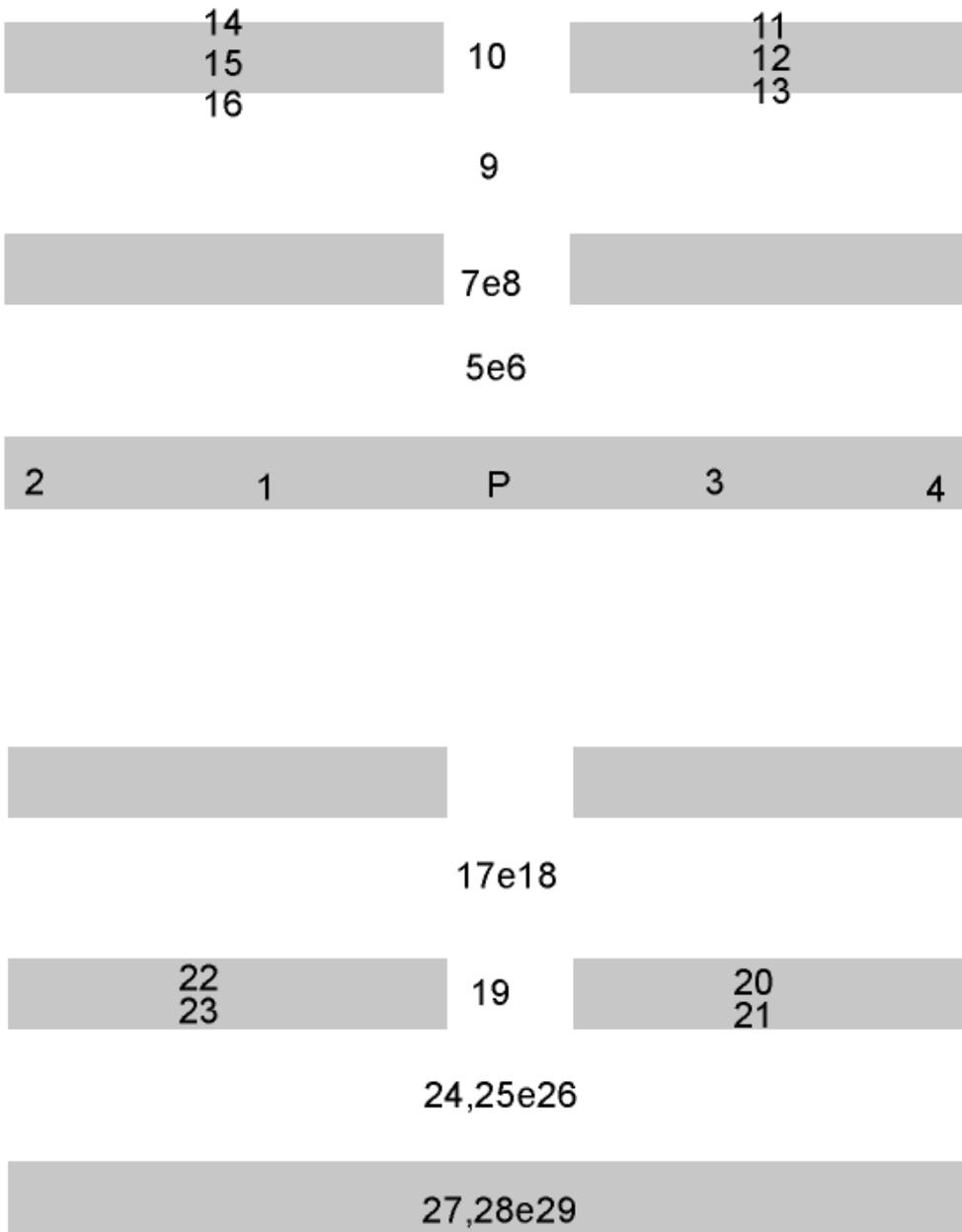
“La sua forza scaturisce dal cielo. La sua potenza esplose sulla terra.”



Il trigramma Jin rappresenta il tuono ed il fulmine che viene dal cielo ed è assorbito dalla terra. Il fulmine è una delle più potenti forze della natura. Questa forma dovrebbe essere eseguita tenendo questo in mente.

태극 4 장

Disposizione delle tecniche sopra il quarto trigramma.



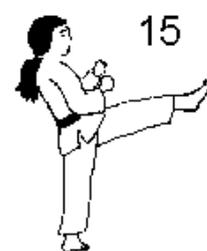
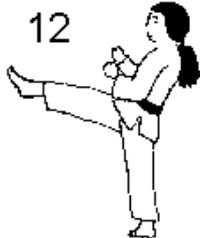
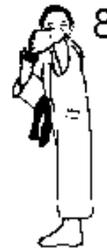
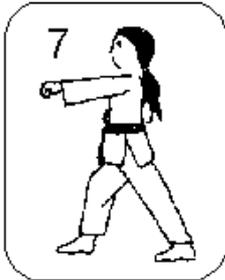
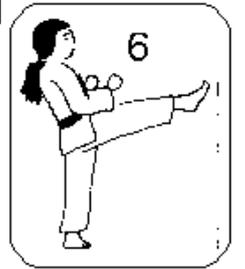
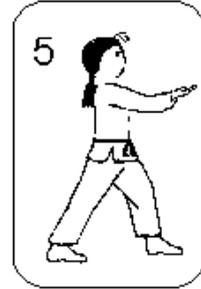
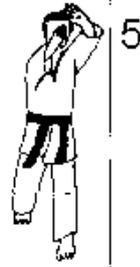
Andata

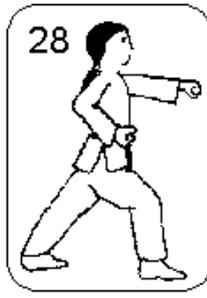


Rientro



Taegeuk sa jang





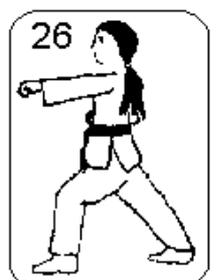
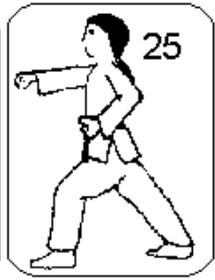
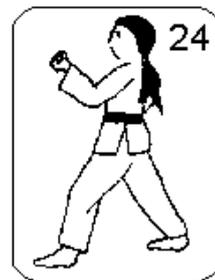
24



25



26



21



20



22



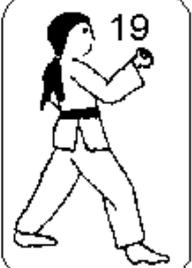
23



19



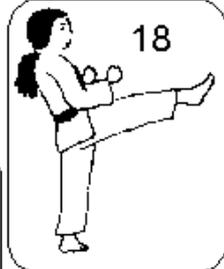
19



18



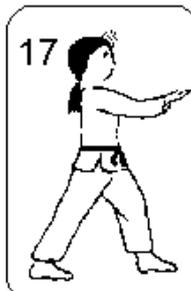
18



17



17



Taegeuk O jang

quinta forma: vento
Son

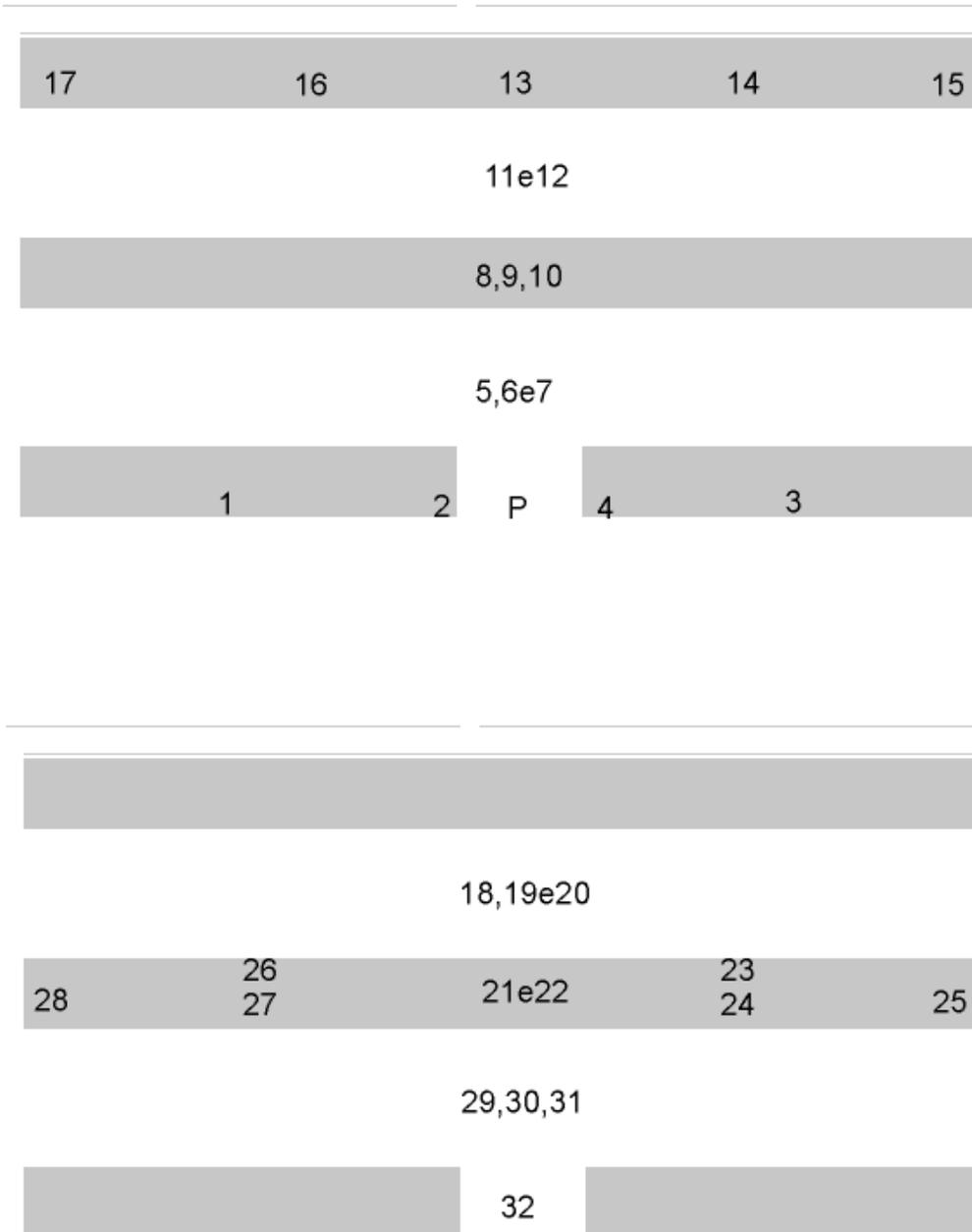
“Forza gentile, impeto furioso. L'uno e l'altro insieme. Dolcezza e distruzione.”



Il trigramma Son rappresenta il vento nei suoi molteplici aspetti delle sue espressioni, il vento forza gentile ma che alle volte può essere furioso, distruggendo ogni cosa lungo il suo cammino. Questa forma va eseguita come il vento, dolcemente ma consci della capacità di distruzione di ogni singolo movimento.

태극 5장

Disposizione delle tecniche sopra il quinto trigramma.



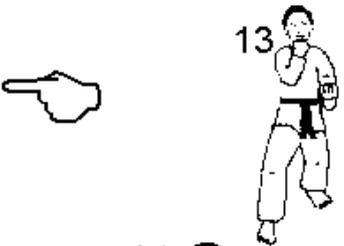
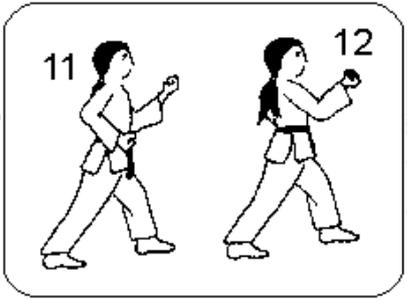
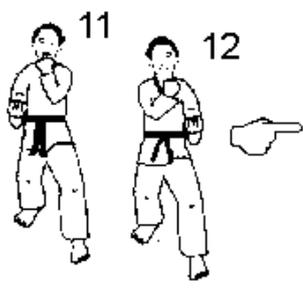
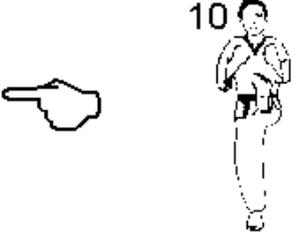
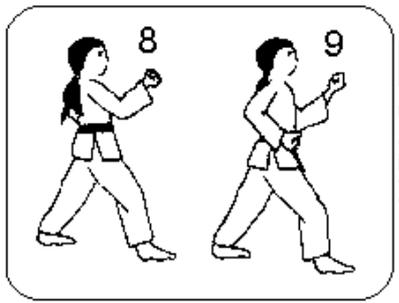
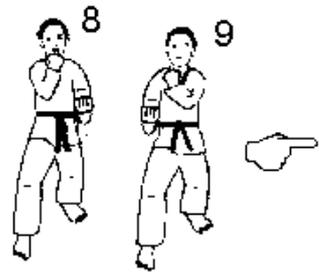
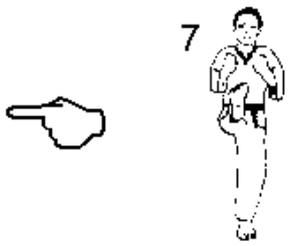
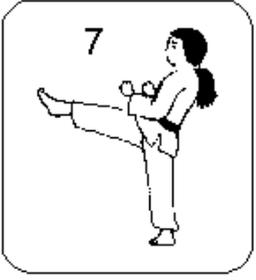
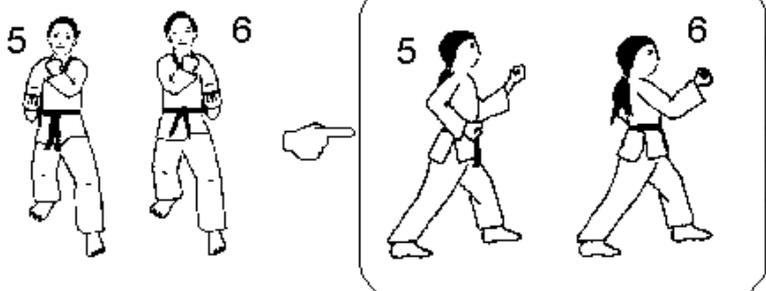
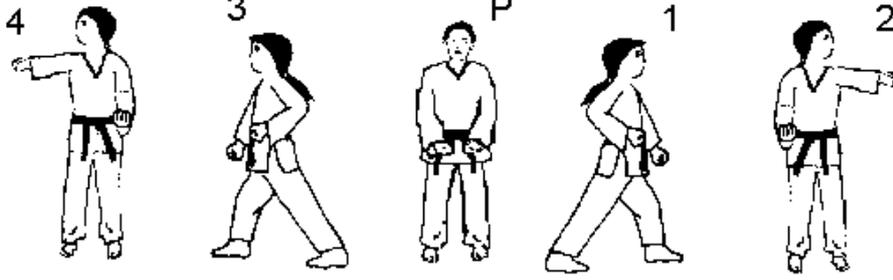
Andata

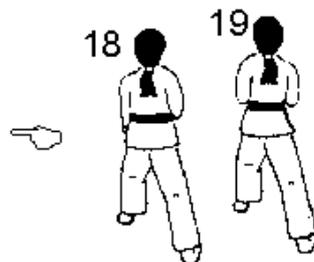
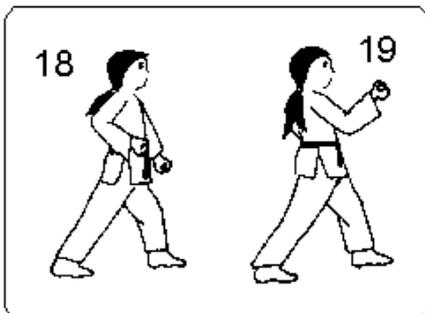
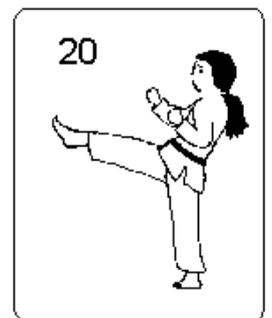
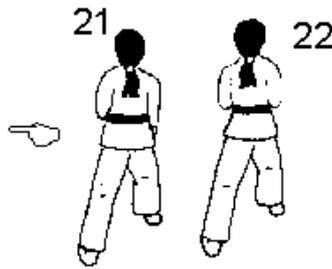
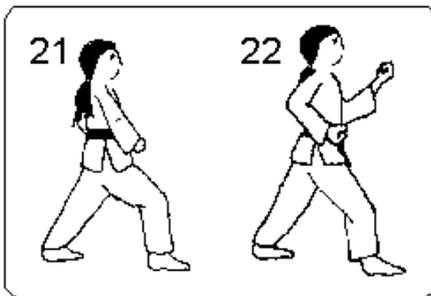
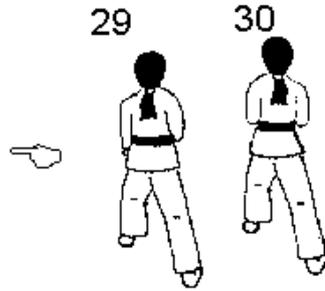
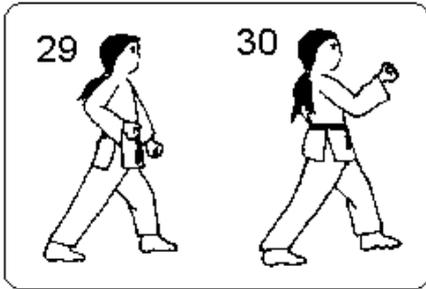
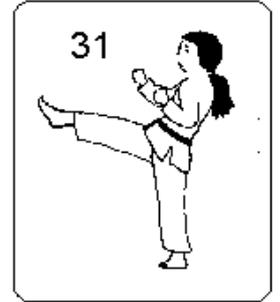
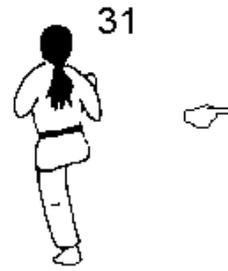
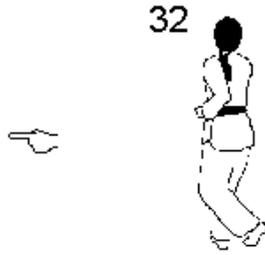
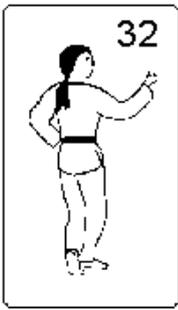


Rientro



Taegeuk oh jang

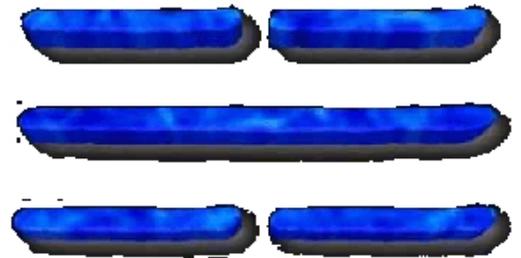




Taegeuk Yook jang

sesta forma: acqua
Gam

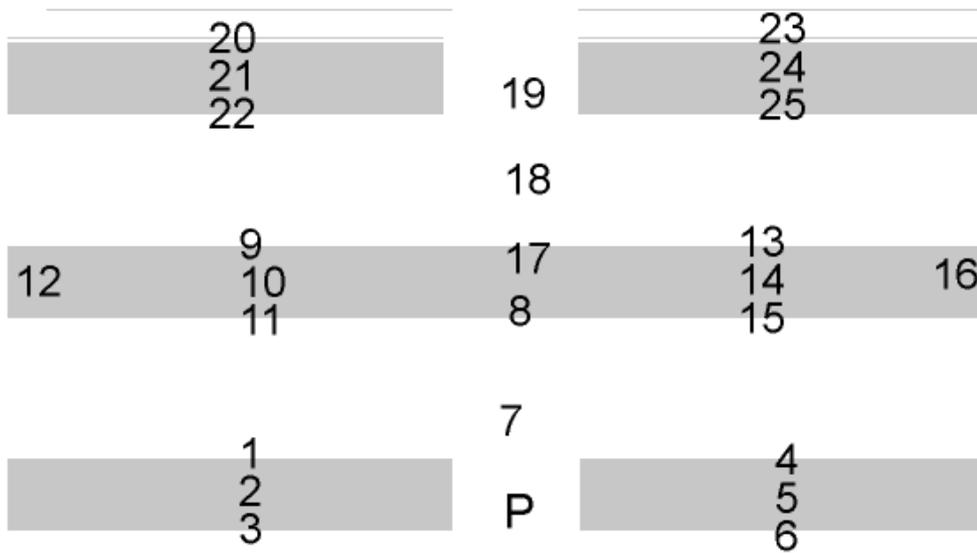
“La calma del lago, l’impetuosità del fiume. Sempre lei, in un crescendo, calando.”



I movimenti di questa forma dovrebbero essere eseguiti come quelli dell'acqua: qualche volta rimanendo calmi come l'acqua di un lago, qualche volta crescendo vigorosamente come in un fiume.

태극 6장

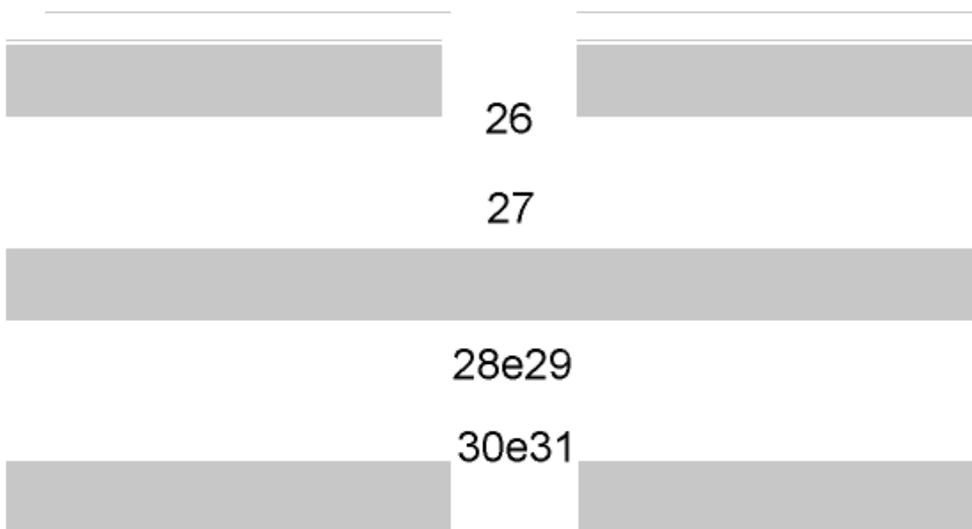
Disposizione delle tecniche sopra il sesto trigramma.



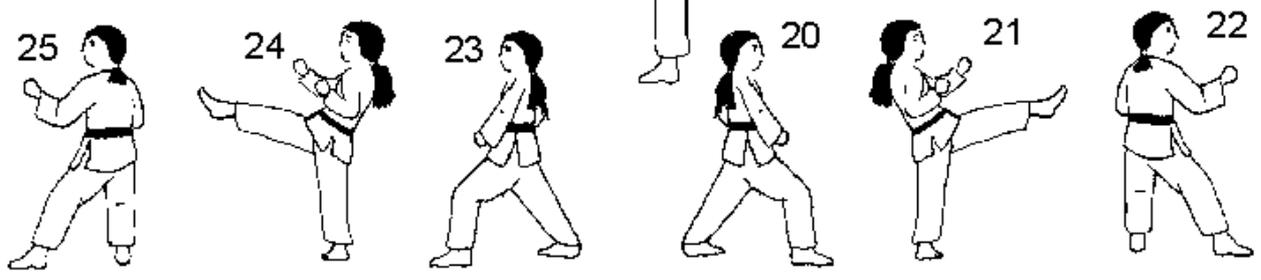
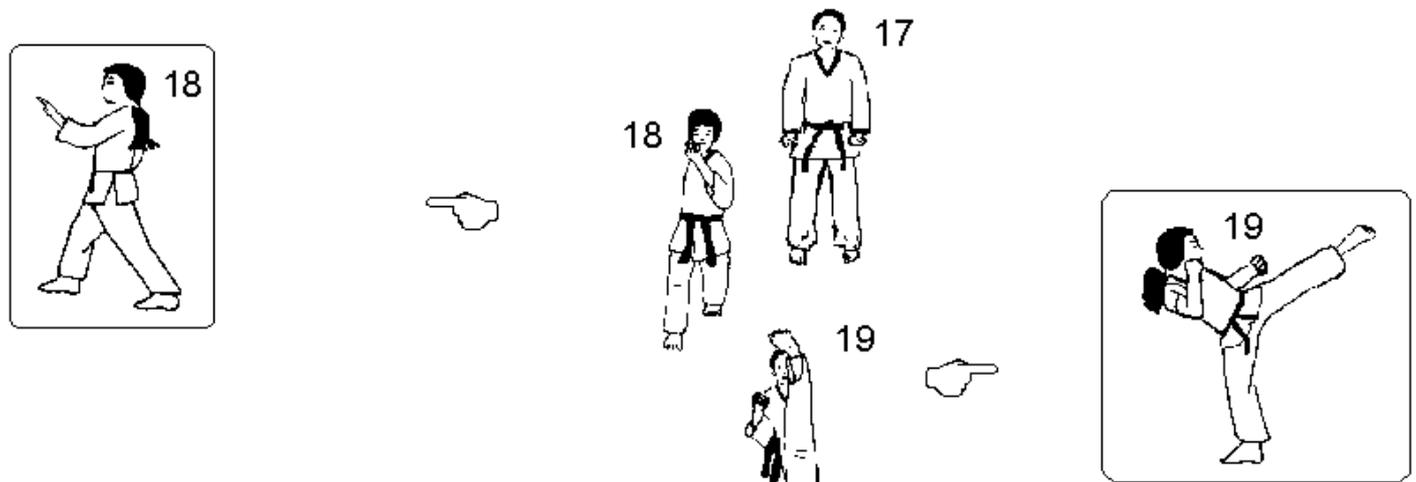
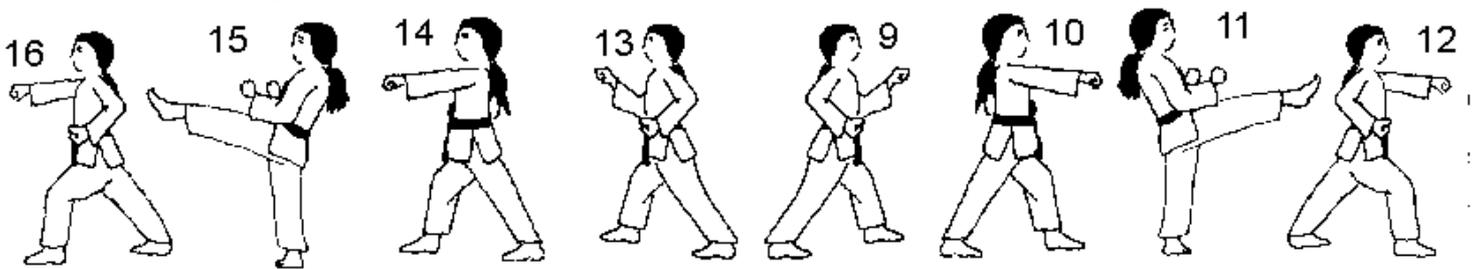
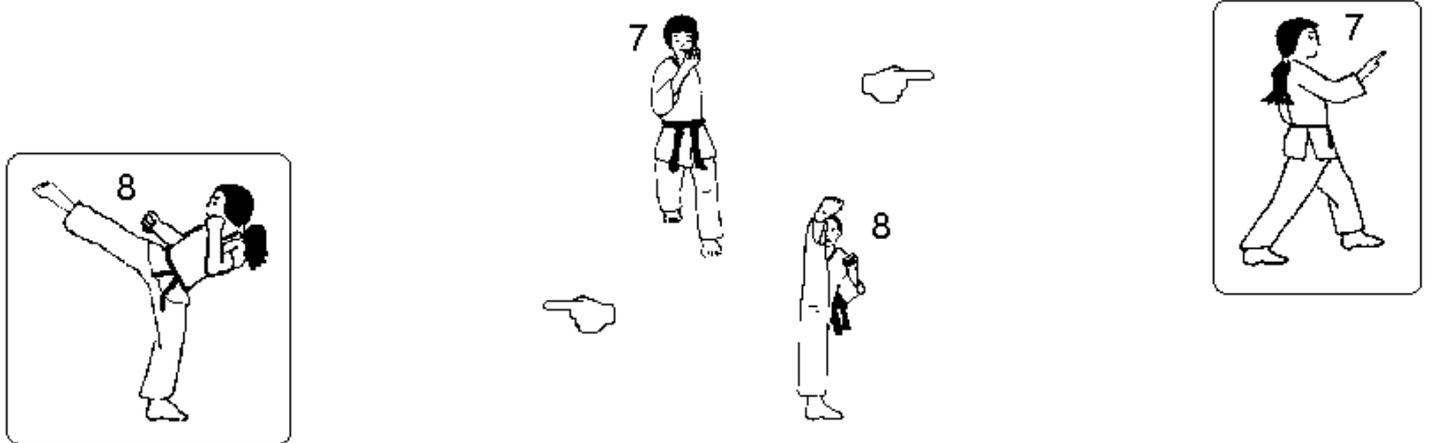
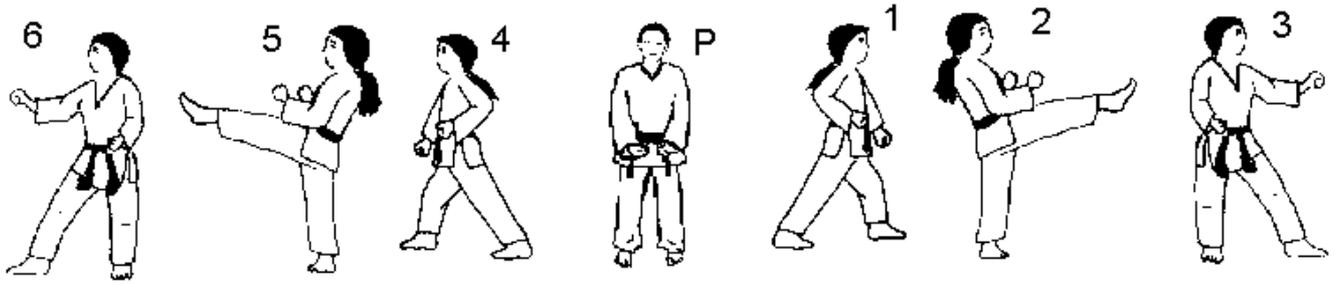
Andata



Rientro



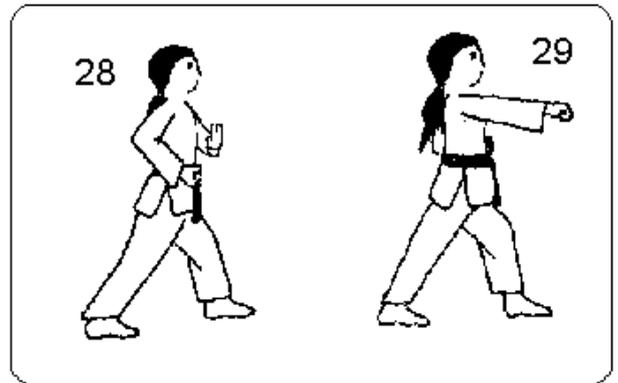
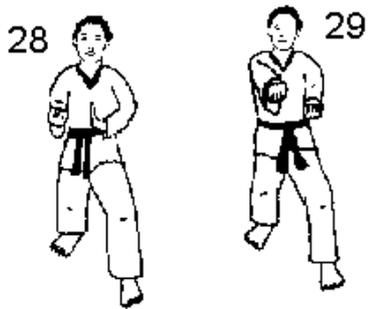
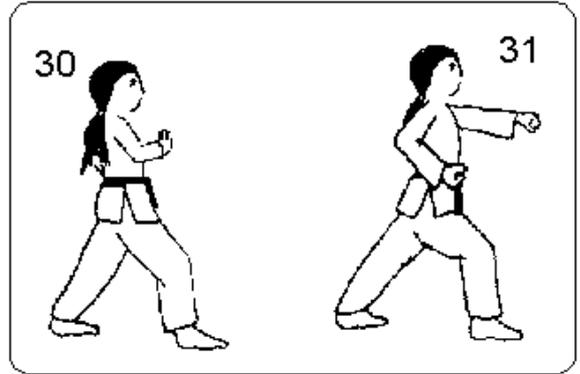
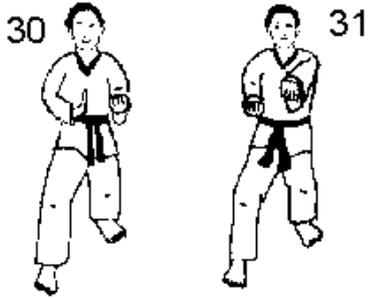
Taegeuk yuk jang



Tecniche nel rientro dalla terza alla prima riga



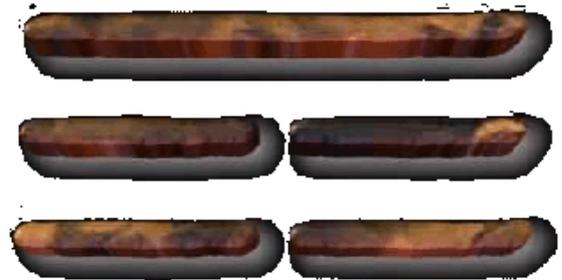
Viste laterali



Taegeuk Chil jang

settima forma: monte
Gan

“Il monte, la sua maestosità. A prescindere dalle sue dimensioni la maestosità.”

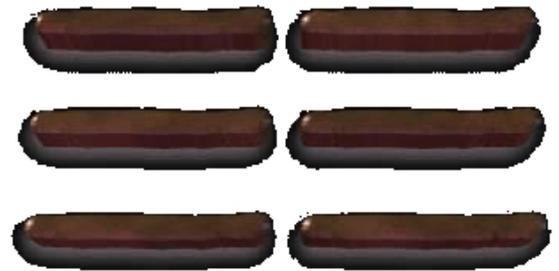


Questa forma dovrebbe essere eseguita con la sensazione che tutti i movimenti rappresentano la maestosità del monte.
Il monte come simbolo di fermezza e intoccabilità, proprio come dovrebbero essere i nostri principi e le nostre idee.

Taegeuk Pal jang

ottava forma: terra
Gon (o Yin)

“La fine dell’inizio. Qui si chiude il cerchio e tutto ha nuovamente inizio.”



Il trigramma associato a questa forma è lo yin, la fine dell’inizio.
Simbolizza la terra vista come origine della vita. Rappresenta la nascita del praticante a una nuova vita, dimostrata in pratica dall’acquisizione del primo dan.