

Green Belt Patterns

Yong Gom:

(40 moves, left foot returns)

Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-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.

Won Hyo:

(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:

(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.