

“KEUMGANG” (DIAMOND)

(27 Motions, 0 Kicks, 0 Punches, 2 Ki-Up)

The word “Keumgang” has originally the meaning of being too strong to be broken. Also in Buddhism, what break off every agony of mind with the combination of wisdom and virtue is called “Keumgang”

The Korean people have named the most beautiful mountain in the Korean peninsula Keumgang-san which is located in the Taebaek range of mountains, and call diamond the hardest known substance, Keumgang-seok.

Accordingly, “Keumgang” in Taekwondo means movement based on spiritual strength that is as beautiful and majestic as the Diamond Mountains and hard and adamant as diamond.

The movements of this form should be performed powerfully to represent the immovable majesty of the mountain.