

Shinmyong in Korean traditional dance: Naturalness and Circulation of Ki Energy

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韓国舞踊の神明の準備：自然美と氣の循環

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Korean traditional dance is symbolized by the logic of *cheon-in-hab-il* (天人合一: the idea that man and heaven conceived of as united in one) which is associated with the five primary elements of the universe.



Every motion of Chunaengjeon (春鶯轉) and Salpuri dance is based on the structure of *yin-yang* (陰陽) balance.

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Through such motions as the arm turning over, pulling back, winding and unwinding, and the knees bending, Korean traditional dance conveys its unique cosmology which centers on the motions of *yin-yang*.

When “human nature” is properly regulated, “heavenly nature” reveals itself.



The idea of heaven-man union aims to shed all human desire and illusions, find one’s pure self, and ultimately recover one’s “heavenly nature” in order to attain the state of perfection.

In Korean traditional dance, all parts of the human body are harmonized to shape a natural framework of movements. This is connected with the ways of respiration during performance: the top, the middle, and the lower, *Shin* (神, spirit), *Ki* (氣, energy), and *Jung* (精, emotion).



The whole body symbolizes the tragic side of life by a paradoxical relationship of tranquility and dynamism through its undulating curved movements.

This movement should be seen as an attempt to recover a transcendental conscious, or universal conscious, that can lead to an ecstatic state void of humanness.