

Kumdo: Green Belt Manual

Introduction: What you need to know

This manual is intended to introduce you to Mireu Martial Arts Kumdo. This manual provides information regarding the history of kumdo and all the techniques you will use as a green belt student. It will become increasingly important to review your old forms and step sparring. As a higher belt, students may be asked to assist the head instructor with newer students. Below are the key things you will need to know to test for your next belt promotion. The remaining information is for reference and enjoyment.

Students over the age of 18 do not have to memorize the Children's Home Rules. Students under the age of 16 do not have to perform Mok Kum Eung-yong in four directions, they only have to be able to perform blocks and attacks together.

Basic Techniques

Wen/Orun Su-pyung Be-gi (Left/Right Horizontal Slash)
Mom-tong Ba-cho Mak-ko (Supported Body Block)

Forms

Bon Kuk Kum Bup Sa Jang (Bon Kuk Kum Bup Part 4)

Step Sparring

Jang-kum (Long Sword) Oh Bun (#5)

Sparring Techniques

Meo Mo-ri Chi-gi (Shoulder Carrying Head Strike)
Meo Son-mok Chi-gi (Shoulder Carrying Wrist Strike)
Meo Ho-ri Chi-gi (Shoulder Carrying Waist Strike)

Sparring Tactics

Meo Mo-ri Chi-gi (Shoulder Carrying Head Strike) timing exercise.

Questions

What are the parts of the Hogu?

Children's Home Rules

History of Kum Do

Old Chosun: Shilla, Paek-che, Koguryo

These are Korea's "Three Kingdoms". These kingdoms were essential in Korea's formation. This was one of Korea's most militaristic periods, and heavily formed early kumdo (including Hwa-rang and Bun-Kuk-Kum-Bup).

Kum Do Equipment

Hogu (Body Armor)

When participating in sparring practice, Hogu (armor) is essential. Even a light weight Juk-do can be very dangerous, an unlucky strike can cause serious injury or even death. Anytime there is full contact sparring with Juk-do, Hogu must be worn. Hogu is not required with foam swords; however it is recommended to at least wear a padded helmet and Tae Kwon Do Hogu for children. The parts of the Hogu are:

Ho-myun

Is a Helm protecting the head and upper neck.

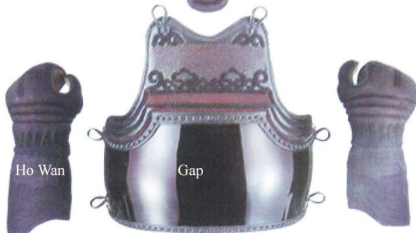
Gap

Covers the upper body protecting the waist and chest.



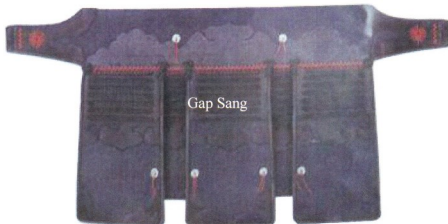
Gap-sang

Is lower body armor protecting from the lower waist to thighs.



Ho-wan

Gauntlets protecting the hands and forearm.



Myung-pe

Name plate of the student.

Myung-su-gun

Head towel which provides a cushion for the head.

Kum Do Essentials

How to Line up my Hogu set in Do-jang properly

Martial artists must be clean and tidy at all times, this is even more important for Kum-sa (Swordsmen and women). Swords are dangerous weapons, thus swords and Hogu should never be left out in a mess. Hogu must be displayed orderly and beautifully, this makes a set of Hogu look proud. Having your Hogu set up properly shows your respect and dedication to Kum-do, your Do-jang, and your Master.

Place your Juk-do on your left side and untie all of the strings.

Place the Ho-wan (Gauntlets) in front of you facing down.

Place the Ho-myun (Helmet) face down on top of the Ho-wan. Gather the Ho-myun strings together and place them in the Ho-myun.

Place the Gap (Upper Body Armor) in front of the Ho-myun and Ho-wan. Gather the Gap strings together and place them between the Gap and the Ho-myun and Ho-wan.

Place the Gap-sang (Lower Body Armor) in front of the Gap. Wrap the Gap-sang strings around the Hogu and tie it under the Myung-pe as if it were your waist.

Smooth out the Myun-su-gun and place it over the Ho-myun to dry.

Kum Do Mok Kum Techniques

Wen Orun Pparin Su-pyung Begi (Left Right Horizontal Slash)

This strike is a horizontal slash. Wen Su-pyung Begi cuts from left to right, and Orun Su-pyung Begi cuts from right to left. Begi are performed with 3 and 2 counts, 2 count combining the first and second motions together.

Starting from Gyo-noom-se,

Move your sword to the side horizontally to set up the slash.

Step forward into Ap-gubi stance. Swing the sword horizontally, turn your waist to make the cut. Make the traditional Ki-hap "Yap!"

Step back into the Gyo-noom-se position.

Momtong-bacho Makko (Supported Body Block)

Momtong-bacho Makko is a block defending against strong attacks to your upper or mid body and can be performed from the left or right side. When Momtong Makko starts in Gyo-noom-se, step back with your left foot and make Dwi-gubi stance. Using your left hand, place the sword next to the left side of the waist with a flat sword angle, place your right hand on the Kal-deung (sword back). Your hand should be flat so the the incoming attack doesn't damage your fingers. Block like a snap cut, do not push the sword out away from your body. Orun (right) Momtong-bacho Makko is performed the same, but with the right foot back and blocking the right side.

Kum Do Mok Kum Eung-yong

Mok Kum Eung-yong is a series of practical blocks and attacks. It consists of a total of 8 blocks and 8 attacks performed in 4 different directions. You should start practicing Mok Kum Eung-yong slowly, to practice your technique and get used to the transition between block and attack. As you learn new blocks and attacks, you should be able to perform any block with any attack.

Momtong-bacho Makko Wen Orun Su-pyung Begi is done in four directions with two blocks and two attacks with each direction. To clarify directions we will use cardinal directions for facing.

Start in Gyo-noom-se (ready position) facing front.

Step back with the left foot and block Wen Momtong-bacho makki.

Step forward with the left foot and perform Wen Pparun Su-pyung Begi attack.

Step backward with the right foot and block Orun Momtong-bacho makki.

Step forward with the right foot and perform an Orun Pparun Su-pyung Begi attack.

Turn to the left 180° to face the rear and block Orun Momtong-bacho makki.

Step forward with the right foot and perform an Orun Pparun Su-pyung Begi attack.

Step back with the left foot and block Wen Momtong-bacho makki.

Step forward with the left foot and perform a Wen Pparun Su-pyung Begi attack.

Pivot on your left foot and turn to your right so that you are facing left. Block Orun Momtong-bacho makki with your right foot in back.

Step forward with the right foot and perform an Orun Pparun Su-pyung Begi attack.

Step back with the left foot and block Wen Momtong-bacho makki.

Step forward with the left foot and perform a Wen Pparun Su-pyung Begi attack.

Turn to the right 180° to face the right and block Wen Momtong-bacho makko.

Step forward with the left foot and perform a Wen Pparun Su-pyung Begi attack.

Step backward with the right foot and block Orun Momtong-bacho makko.

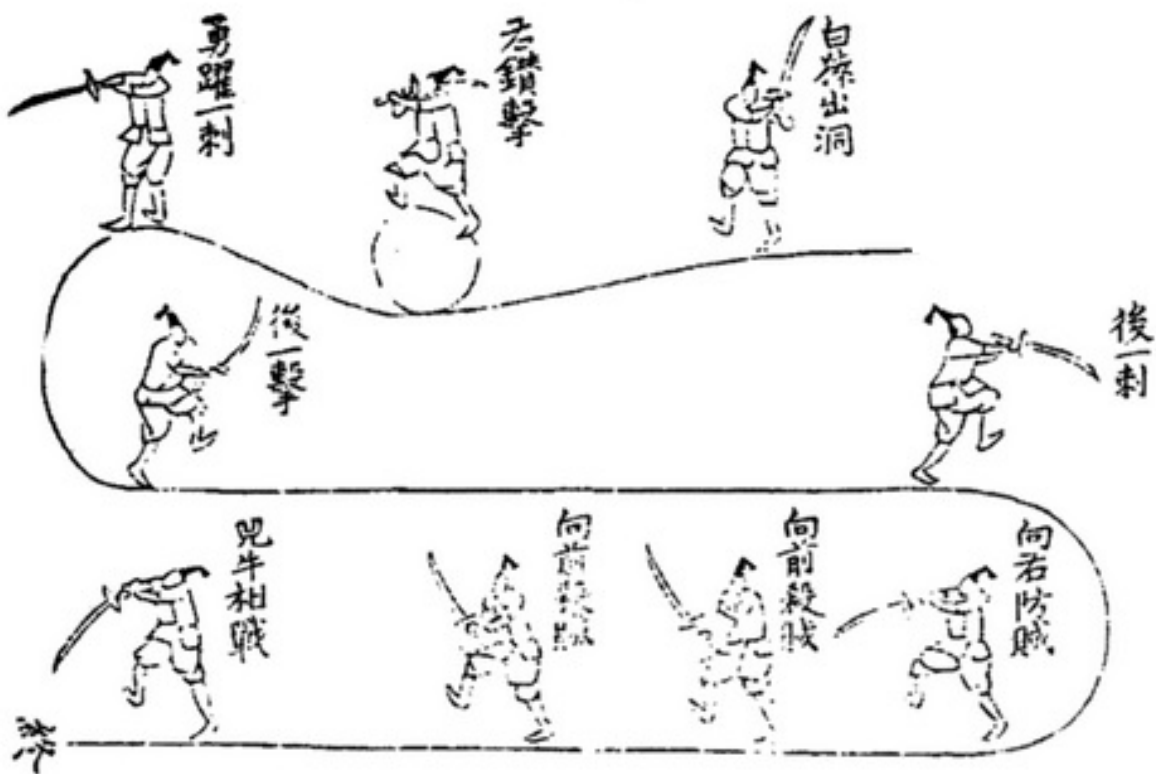
Step forward with the right foot and perform an Orun Pparun Su-pyung Begi attack.

Using Dwi-ro Dora (Turn Around) like step, pivot on your left foot and turn to the left 90° so that you are facing the front and return to Gyo-noom-se (ready position).

Kum Do Tul (Forms)

Bon Kuk Kum Bup Sa Jang (Bon Kuk Kum Bup Part 4)

Bon Kuk Kum Bup Sa Jang is the fourth part of the larger Bon Kuk Kum Bup form originating from the Muye Dobo Tongji (Illustrated Manual of Martial Arts). The nine principle movements of Bon Kuk Kum Bup Sa Jang consist of 3 Chigi and 4 Chirugi attacks. This form deals with multiple rapid movements which need to be performed with grace and precision.



Chang Kal.

Start by standing at attention and equipping the sword.

Bboba Kal, Hanson Olyo Begi.

Turn the sword in your belt so that the sharp side of the sword is facing down. Draw the sword forward straight and smoothly from the sheath. Once the sword is free of the sheath make a one handed upward diagonal slash. As your hands make the slash, your right foot should step forward into a front (Ap-gubi) stance and Ki-yap "Yap!"

Gyo-noom-se.

After completing the slash, raise the sword over your head and return to ready, Gyo-noom-se, position.

Baek-won-chul-dong-se. "White Ape Emerges from the Cave".

Go into a guard stance with the sword over your left shoulder, and raise your right leg. Look to the right and point your knee and sword to the right.



Wu-chan-gyuk-se. "Right Needle Attack".

Step to and face the right with your right foot and go into Ap-gubi (front) stance. Perform Chirugi aiming for the chest and Ki-yap "Ga-soom!"



Yong-yak-il-ja-se. “Bravely Skip, Single Thrust”.

Pull the sword back. Pivot on your left foot and turn 270° to the right so that you face the front. Go into Ap-gubi (front stance) with the right foot forward. Perform Chirugi aiming for the chest and Ki-yap “Ga-soom!”



Hu-il-kyuk-se. “Rear Single Strike”.

Pull the sword back. Pivot on your left foot and turn 180° to face the rear with the right foot forward. Strike and Ki-yap for Son-mok strike.

Hu-il-ja-se.

Holding the sword loosely in your hands, spin the sword blocking to your left and then spin block to your right.

At the end of the right spin block bend your knees to crouch so that your legs cross. At the same time, as you complete the spin, cradle the sword in the crook of your arm, so that the sharp side is up and the sword is aimed forward.

Step forward with your left foot into Ap-goobi (front stance). Stab forward with your sword aiming at your opponent’s chest, Ki-yap “Mun-chi!”

Pande Gyo-noom-se

Pull the sword back and return to a reverse stance Gyo-noom-se with the left foot forward.

Hyang-wu-bang-jeok-se. “Face Right, Block the Thief.”

Look over your right shoulder, bend your knees and turn 180° to the right facing the front. As you turn, your sword should be swung low as if you are cutting tall grass. As you face the front, raise your left leg; and bring the sword up to head level on your right side and point toward an imaginary opponent’s throat.



Hyang-jeon-sal-jeok-se. “Face Front and Kill the Enemy.”

Step forward with the left and right foot striking and Ki-yap for Son-mok strike.

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Si-wu-sang-jeon-se. “Rhinoceros and Ox Face-off in Battle.”

Step forward with the left and right foot going into Ap-gubi (front stance). Turn the sword so that Kal-nal faces upwards and thrust diagonally towards the ground, Ki-yap “Tanjun!”



Kkoja-kal.

Place your left hand at your side like a scabbard. Step back with your left foot and stomp the ground as you go into Dwi-goobi (back stance). As you are stepping, cleanse the sword by letting the tip drop and twist your wrist so that the sword falls like a leaf in the wind. Towards the end of the cleanse, flick the sword down, finishing with the sword angled about 30° pointed inward.

Bring the sword across your body and let the Kal-deung come to rest on your Kal-jip. Slide the sword down and forward until the tip finds the entrance.

Once the sword is in position, switch to Ap-goobi (front stance) and slide the sword into the sheath, while doing so slide your right foot and shift your weight backwards. The sheath should be pulled out and meet the sword half way just like a normal Kojakal.

Finally, stand upright and move your right hand to the tip of the handle (Son-jab-yi) and use force to finish sheathing the sword, bow and say "Dan-gear!"

Kum Do Step Sparring

Machuo-gyorugi practices swordsmanship in a realistic situation where the steps and actions are pre-set. Focus is made on distance measurement and control of the sword and movements. Sword duels are made with the mind and spirit just as much as with the sword itself, thus, perform step sparring with focus and be ready for any action. The role of the attacker is called Sun-do (first sword), and the name of the defender is Hu-do (later sword). The higher belt plays the Hu-do first, initiates the action and sets the pace.

Jang-kum (Long Sword) Goo Bun (#9)

Sun-do and Hu-do start facing each other with your swords in Chan-kal position.

Show proper respect to each other by bowing using Ip-rye.

Sun-do and Hu-do draw swords Ppoba-kal at the same time and stand in Gyo-noom-se.

Both participants step back, right foot first.

A. Sun-do takes 2 steps back and slide back into Wen Yupi-kal (Left Side Sword Stance).

D. Hu-do takes 2 steps back and stays in Gyo-noom-se.

Both participants step forwards 2 steps.

Sun-do takes a third step forward and attacks Wen Sup-yeung Begi with a Ki-yap "Yap!"

Hu-do blocks with Momtong Makki, and then spins Sun-do's sword clockwise.

When Hu-do's spinning block sends Sun-so's sword high, Hu-do transitions the block into a Ho-ri-chigi strike.

Hu-do points the sword at the Sun-do's neck, this is to insure the Hu-do's victory, even in defeat an opponent can be deadly. Hu-do then steps back to Gyo-noom-se position.

After both practitioners have finished, they must end the exercise. Both Students lower their swords pointed 45 degrees down like Shiyo Kal.

Both Students take two steps back, and return to Gyo-noom-se.

Both students Kkoja-kal at the same time.

It is important to show respect for each other. Bow and Ki-yap "Dan-gear!" to finish the drill.

Jang-kum (Long Sword) Ship Bun (#10)

Sun-do and Hu-do start facing each other with your swords in Chan-kal position.

Show proper respect to each other by bowing using Ip-rye.

Sun-do and Hu-do draw swords Ppoba-kal at the same time and stand in Gyo-noom-se.

Both participants step back, right foot first.

A. Sun-do takes 3 steps back into Orun Yupi-kal (Right Side Sword Stance).

D. Hu-do takes 2 steps back and stays in Gyo-noom-se.

Both participants step forwards 2 steps.

Sun-do takes a third step forward and attacks Orun Sup-yeung Begi with a Ki-yap "Yap!"

Hu-do blocks with Momtong Makki, and then spins Sun-do's sword clockwise.

When Hu-do's spinning block sends Sun-do's sword high, Hu-do transitions the block into a Son-mok Chigi strike to Sun-do's raised left wrist..

Hu-do points the sword at the Sun-do's neck, this is to insure the Hu-do's victory, even in defeat an opponent can be deadly. Hu-do then steps back to Gyo-noom-se position.

After both practitioners have finished, they must end the exercise. Both Students lower their swords pointed 45 degrees down like Shiyo Kal.

Both Students take two steps back, and return to Gyo-noom-se.

Both students Kkoja-kal at the same time.

It is important to show respect for each other. Bow and Ki-yap "Dan-gear!" to finish the drill.

Kum Do Sparring Techniques

Meo Chigi

Meo Chigi uses a feint to the shoulder to confuse an opponent while moving in to strike. Once the feint is made, the opponent knows an attack is coming, and there may be a moment of hesitation while they try to figure out how to respond. You can use this moment to attack where the least expect it. Timing and practice are key to making this technique work.

Meo Mori-chigi

Start in Gyo-noom-se (ready position).

Next raise the sword over your shoulder until the length of the sword is parallel to the ground, at the same time bring your left foot to the midpoint of the right foot.

Then, leap forward pushing with the left foot, leading with the right. Time the landing with your right foot with a strike to the head performed just like Jak-eun Mori Chigi.

After completing the strike bring the left foot to meet the right and raise the sword over your head prepared for a second strike.

Finish by returning to Gyo-noom-se.

Meo Son-mok Chigi

Start in Gyo-noom-se (ready position).

Next raise the sword to your shoulder so that the sword is perpendicular to the ground, at the same time bring your left foot to the midpoint of the right foot.

Then, leap forward pushing with the left foot, leading with the right. Time the landing with your right foot with a strike to the wrist performed just like Jak-eun Son-mok Chigi.

After completing the strike bring the left foot to meet the right, bring the Juk-do back to parallel to your shoulder and "juk" your head to the right.

Finish by returning to Gyo-noom-se.

Meo Hori Chigi

Start in Gyo-noom-se (ready position).

Next raise the sword to your shoulder and angled 45°, at the same time bring your left foot to the midpoint of the right foot.

Then, leap forward 45° to the right pushing with the left foot, leading with the right. Time the landing with your right foot with a strike to the waist performed just like Jak-eun Hori Chigi.

After completing the strike drag the sword across your opponent's waist and run past your opponent, turning only once you have completely past your opponent.

Finish by returning to Gyo-noom-se.

Kum Do Sparring Tactics

Sparring Tactics teach you how to perform various attacks and counter attacks in a real sparring situation. These simulated scenarios can be directly used in sparring, as well as teaching you about timing and strategy. These techniques are largely practiced during free sparring, but are also practiced in controlled drills during class.

Meo Mori Chigi (Shoulder Carrying Head Strike)

Meo Mori Chigi attack is an offensive maneuver which is meant to confuse your opponent for a moment, giving you the opportunity to attack while their guard is down.

Start in Gyo-noom-se.

The attacker makes the first part of the Meo attack, bringing the sword to their shoulder.

The defender then “reacts” to the motion, this is often exaggerated during class to assist practice.

The attacker then completes the Mori Chigi during the brief opening left by the defender.

Follow up your Mori attack by raising your sword and arms and advance close to your opponent so that they do not have room to counter attack.

Kum Do Questions

What are the parts of the Hogu?

Ho-myun: Is a Helm protecting the head and upper neck.

Gap: Covers the upper body protecting the waist and chest.

Gap-sang: Is lower body armor protecting from the lower waist to thighs.

Ho-wan: Gauntlets protecting the hands and forearm.

Myung-pe: Name plate of the student.

Myung-su-gun: Head towel which provides a cushion for the head.

Children's Home Rules

7. Children must keep their body, hair, and teeth clean at all times.
8. Children will not interrupt adult conversation.

Kum Do Terminology

Gap	Upper Body Armor
Gap-sang	Lower Body Armor
Ho-gu	Sparing Gear
Ho-myun	Helm
Ho-wan	Gauntlets
Meo Ho-ri Chi-gi	Shoulder Carrying Waist Strike
Meo Mo-ri Chi-gi	Shoulder Carrying Head Strike
Meo Son-mok Chi-gi	Shoulder Carrying Wrist Strike
Mom-tong Ba-cho Mak-ko	Supported Body Block
Myung-pe	Name Plate
Myung-su-gun	Head Towel
Orun Pparin Su-pyung Be-gi	Left/Right Horizontal Slash
Wen Pparin Su-pyung Be-gi	Left/Right Horizontal Slash