

Kumdo: White 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 white belt student. There is a lot of new information and use of the Korean language. Of course, this can feel overwhelming, students will not be required to memorize all the information in this manual. 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

Hoorigi: Stretching Strike

Mori Chigi: Head Strike

Wen/Orun Mori Chigi: Left/Right Head Strike

Son Mok Chigi: Wrist Strike

Hori Chigi: Waist Strike

Olgul Makki: High Block

Forms

Wae Kum: Wookwang Ryu

Step Sparring

Long Sword #1

Sparring Techniques

Keun Mori Chigi: Full Head Strike

Keun Son Mok Chigi: Full Wrist Strike

Keun Hori Chigi: Full Waist Strike

Questions

What is the Literal Meaning of Kumdo

Children's Home Rules

History of Kum Do

History of the Sword

At the beginning of human history, people used stones and clubs as weapons. People have always been creative and developed new and more effective weapons throughout time. The first knives were made from stone, which lead to metal knives and swords. The blade of a knife or sword is one of the most important inventions of human history which is still used today. Even though the sword is not a practical weapon today, it is still a potent symbol which resonates across the world.



The first weapons were wooden clubs, used for hitting. Next, stone knives and spears were created, and the possibility for stabbing was introduced. Bronze swords were even better for thrusting, and could be used for striking, but were too weak for slashing. Bronze swords were made from two pieces, one for the blade and one for the handle. The early bronze swords were short with a triangular shaped blade and flat sides, later they developed angles on the sides. Longer ceremonial swords were sometimes created, but they couldn't be used in battle because long bronze swords would bend.



This changed with the ability to use iron. The first iron swords were still straight and double edged like bronze swords, but they were made from one piece of iron instead of a separate piece for the handle. Longer iron swords were good for stabbing, striking and limited slashing. As people's skill and quality of iron improved, they began to make longer single edged swords and added curves to the blade, this improved the slashing capabilities. With greater forging techniques, they also began to create the sword in separate pieces again, these forging techniques were maintained for over 1000 years. In Korea a double edged sword is known as a "Kum" and a single edged sword is known as a "Do".



One of the most iconic Korean swords is the Hwan-du-dae-do, which roughly translates to: great sword with a large ring on the handle. Over time, the swords changed from having a large ring to having a small hole in the handle and started being called Hwan-do. Hwan-do were generally 2.5 feet (1 meter) in length and usually used with one hand, based on the length of the handle and blade. At this time, 100 B.C., modern Korea was still divided into multiple countries, but each had their own version of the Hwan-do. These forging and weapon techniques were passed on to the Japanese islands and contributed to the warriors there.



Kum Do Equipment

Do-bok (Uniform)

The do-bok, or martial art uniform, has its roots in the soldier's uniform of the Shin-ra dynasty of Korea. It has a top and pants, the original top was longer than the modern one. Colored belt students wear a black uniform, black belt students wear blue with black trim uniforms. Masters and Head Instructors wear red do-bok, Grandmasters wear red with black trim uniforms. Demonstration teams wear a variety of colored uniforms for performances.

Dee (Belt)

The belt is a marking of rank and progress in martial arts. Every student starts out at white belt and advances through diligent training and effort. Lower belts are expected to respect and obey higher belt holders; higher belt students must in turn be humble and deserving of that respect. You must keep your uniform clean at all times; however, it is traditional that you never wash your belt.

Kum Do Essentials

How to Tie Your Belt



Hold one end of your belt in your left hand at your waist.



Wrap the belt around your waist to your right overlapping on top when you get to the starting point.



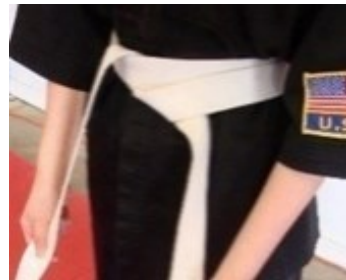
Wrap the belt one more time.



When you get to the starting point a second time, grab the point where all three layers connect and move it to your front.



Adjust the loose ends so that they are of even lengths.



Take the end in your left hand and tuck it under all of the layers from below and pull the belt tight.



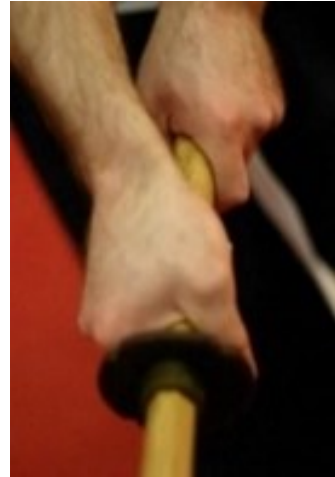
Tie the loose ends over the top of the rest of layers by putting the end in your right hand over the one in the left hand.



Fold the right hand end under the left hand end and into the circle you have created. Pull the two ends tight. The knot should look like an arrow with the tip pointing to the left, or a horse-shoe with the gap on the right.

Sword grip

Grip the sword by holding the bottom of the handle in your left hand as if you are shaking someone's hand. Then grab the handle with your right hand, leaving one fist distance between the hands. The "V" between your thumb and forefinger should be in a straight line across the top "spine" of the handle.



Duro-kal (Pick Up the Sword)

Stand with the sword on your left side; then, kneel with your left knee on the ground. Pick up the sword with two hands and stand up.



Deun Kal (Resting While Sword is Sheathed)



Grip the sword on the scabbard just behind the hilt with your left hand. The sharp side of the blade must face upwards, and your arm should be straight and relaxed.

Chan Kal (Ready the Sword)



Start from Deun Kal (Resting Sword). Raise your sword to your waist level. Hook your thumb over the hilt and stand at attention.

Bboba Kal (Sword Drawing)



Start from Chan Kal (Ready Sword), then grab the hilt with your right hand.



Second, step forward with the right foot into a walking stance. At the same time draw the sword out of your left hand as if it were a scabbard, keep your left hand shaped like a circle mimicking a sheath until sword is clear.



Thirdly, breathe in and raise the sword over your head, keeping the sword on the left side of your body for safety. Breathe out and lower the sword down the center until you are in Gyo-noom-se (Ready Position).



Gyo-noom-se (Ready Position)

Gyo-noom-se is the standard ready position, movement and techniques usually begin and end in this stance.

Hold the sword one fist distance away from the knot on your belt, and angle the sword upward. Your feet should be shoulder width apart and your right foot should be one step forward. Lift your left foot heel so that the left foot is firmly on the ball of your foot, and lift your right heel off the ground a little bit. Your back and knees should be straight with your body balance forward.



Shiyō Kal (Resting with Sword Drawn)



This is a resting position to be used when your instructor gives you a break or instructions. Make your feet shoulder width apart and lower the sword to your right side. Point the sword downwards to signify non-aggression or passivity.

Kkoja Kal (Sheathing the Sword)



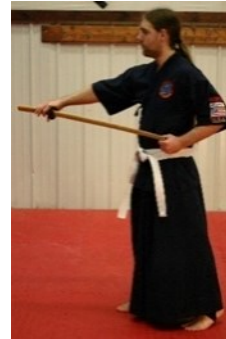
Start in Gyo-noom-se (Ready Position).



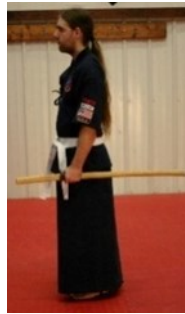
Put your left hand on your belt and make a circle with your hand as if it were a scabbard.



Next, lay the dull side of the sword on the back of your hand and slide the sword forward like a violin bow until you feel the sword tip fall into the circle your hand makes.



Third, slide your right foot back; at the same time, slide the sword into the imaginary scabbard.



Finally, let go of the handle and let your right hand rest on your right side. Relax your left hand and lower the sword to the Deun-kal position.

Neru-kal (Lay Down Sword)

Hold the sword with both hands on your left side and kneel with your left knee on the ground. Place the sword gently on the ground with the handle facing forward and the curved side of the sword facing towards you.



Miro Gutgi (Pushing Step)

Miro Gutgi is the most commonly used step in Kumdo. It is used to position yourself and for certain attacks. All Miro gutgi are done starting from Gyo-noom-se (Ready Position) with a push from the “following foot” and ending in Gyo-noom-se (Ready Position).

Apu-ro (Forward Step)



Slide forward with your right foot, then follow up by stepping forward with the left foot.

Dwi-ro (Backward Step)



Step backwards with your left foot, then follow up by sliding back with the right foot.

Orun-chok (Right Step)



Slide to the right with your right foot; then, follow up by sliding to the right with the left foot.

Wen-chok (Left Step)



Slide to the left with your left foot; then, follow up by sliding to the left with the right foot.

E-eo Gutgi (Continuous Step)

E-eo Gutgi is a continuous or leaping step used in sparring to attack quickly from distance. This movement should be practiced regularly for it to become comfortable.

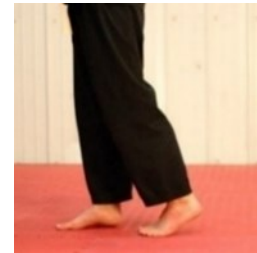


Start from Gyo-noom-se (Ready Position).



Step forward with the right foot just like Miro Gutki. But, step forward more with the left foot so that the toes of the left foot reach the middle of the right foot. This creates a “spring” out of your feet.

Next, push with your left foot to leap forward with your right foot. Quickly, follow with your left foot and return to Gyo-noom-se (Ready Position).



Dwi-ro Dora (Turn Around)

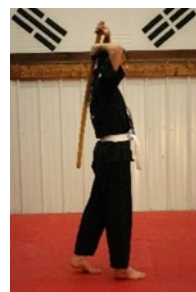
Turning around with a sword in hand can be very dangerous, this method makes certain it is done safely. Turning is done in four steps.



Starting from Gyo-noom-se (Ready Stance), lift the sword over your head all the way back until it touches your hip.



Step forward one step with your left foot.



Turn 180 degrees to the right.



Bring the sword back over the head from the hip until in Gyo-noom-se (Ready Stance).

Kum Do Mok Kum Techniques

3, 2, and 1 count practice

Mok Kum techniques are practiced using different “counts” or motions.

“3 count” practice is done for self-checking with a pause between each of the three motions in a strike.

“2 count” is for self-testing and is performed like a real strike with no pause between the first two motions, then a pause before going back to Gyo-noom-se (Ready Position).

“1 count” is for self-practice, building up endurance. The first two motions are performed with no pause, this is the first count. Then, the technique is performed again, but this time with a back step, this is the second step. Do this exercise for a set number of repetitions, for example, 10 times.

Top 1/3 of the sword

When you strike a target with your sword, always hit the target with the top 1/3 part of the sword. This uses the concept of centripetal force to deal the maximum amount of damage to the target.

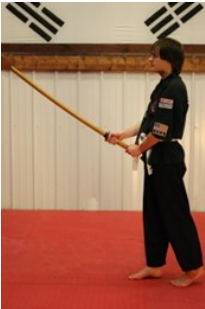


Power Control

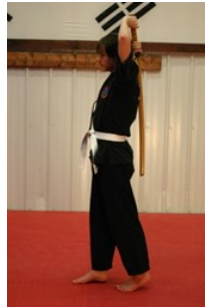
When swinging the sword, 70% of your power should be used by your left hand, which should also “lead” the swing. When you want to stop the sword, squeeze the Son-jab-yi (handle) with your right hand. Turn your wrists over slightly to help stop the sword's motion.

Hoorigi (Full Body Strike)

This strike is a full length cut primarily used for stretching and is performed in 3 motions. As you strike you should yell (Ki-yap) "Hoorigi!"



Start in Gyo-noom-se (Ready Position).



Raise the sword over the head so that the back of the sword contacts your back.



Step forward and strike overhead and downward while moving to a new walking stance. Finish the strike at knee height.



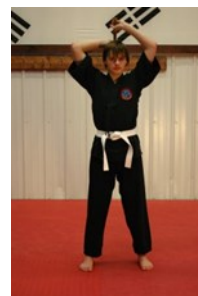
Step back to the original place, bring the sword back up into Gyo-noom-se (Ready Position).

Wen/Orun Hoorigi (Left/Right Full Body Strike)

Wen/Orun Hurigi a full body strike to the left and right side using Bolyo Gutgi (45 degree turning step) and is only done in one motion. As you strike you should yell (Ki-yap) "Hoorigi!"



Start from Gyo-noom-se (Ready Position).



Raise the sword overhead to the back and square your feet.



Step back with the right foot and face 45 degrees to the right. Immediately strike overhead and downward, finishing the strike at knee height.



Bring your right foot forward again so that your feet are shoulder width apart while raising the sword overhead for the next strike.



Step back with the left foot and face 45 degrees to the left. Immediately strike overhead and downward, finishing the strike at knee height.



Do this exercise for a set number of repetitions, for example, 10 times. Then return to Gyo-noom-se (Ready Position).

Mori Chigi (Head Strike)

Mori Chigi is a fast and efficient strike to the middle of the forehead. Mori-Chigi is performed in three counts. As you strike you should yell (Ki-yap) "Mori!"



From Gyo-noom-se (ready position).



Raise the sword overhead.



Step forward with the right foot. At the same time, strike for the head.



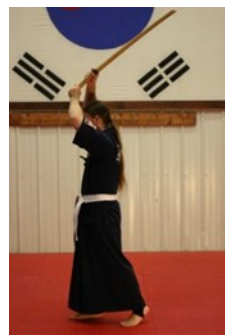
Step back and return to Gyo-noom-se (Ready Position).

Son-mok Chigi (Wrist Strike)

Sonmok Chigi is a strike to the forward wrist of your opponent. Son-mok Chigi is performed in three counts. As you strike you should yell (Ki-yap) "Son-mok!"



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



Raise the sword overhead.



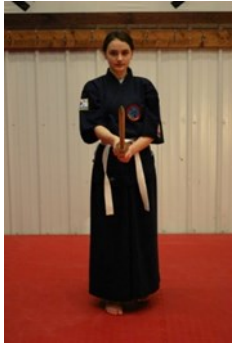
Step forward with the right foot. Strike straight downward until the sword is about waist high.



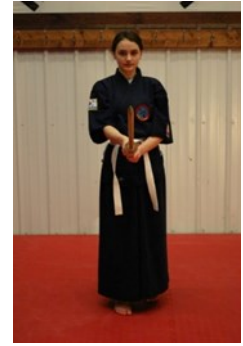
Step back and return to Gyo-noom-se (ready position).

Wen/Orun Mori Chigi (Left/Right Head Strike)

Wen/Orun Mori Chigi is a strike to the left and right sides of the head. Wen/Orun Mori Chigi is performed in three counts. As you strike you should yell (Ki-yap) "Mori!"



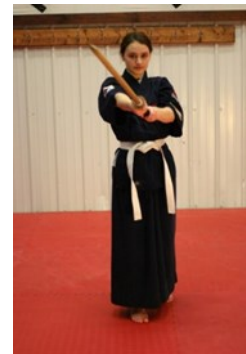
Start from Gyo-noom-se (Ready Position).



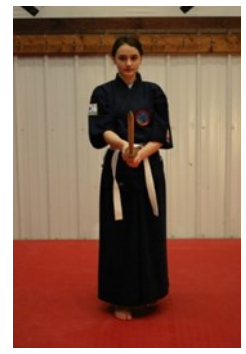
Raise the sword overhead. Position the sword just above your left ear for Wen Mori Chigi (Left Head Strike) or right ear for Orun Mori Chigi (Right Head Strike).



Step forward with the right foot. While stepping forward, strike the head. The first strike is to the left temple, this is Wen Mori Chigi (Left Head Strike); the second strike is aimed to the right temple this is Orun Mori Chigi (Right Head Strike).



Step back and return to Gyo-noom-se (Ready Position).

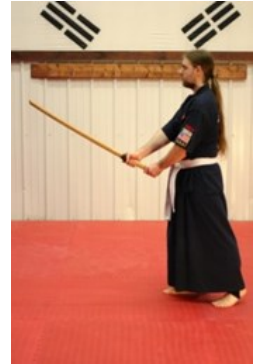


Wen Hori Chigi (Left Waist Strike)

Wen Hori Chigi is a strike to your opponent's right-side waist. Wen Hori Chigi is performed in three counts. As you strike you should yell (Ki-yap) "Hori!"



Start in Gyo-noom-se (Ready Position).



Raise the sword overhead.



Step forward at a 45 degree angle to the right. As you step, strike downward across the torso of your opponent from left to right. Finish the strike at waist level.



Step back at a 45 degree angle to the left and return to Gyo-noom-se (Ready Position).



Mok Kum Eung-yong (Sword Application)

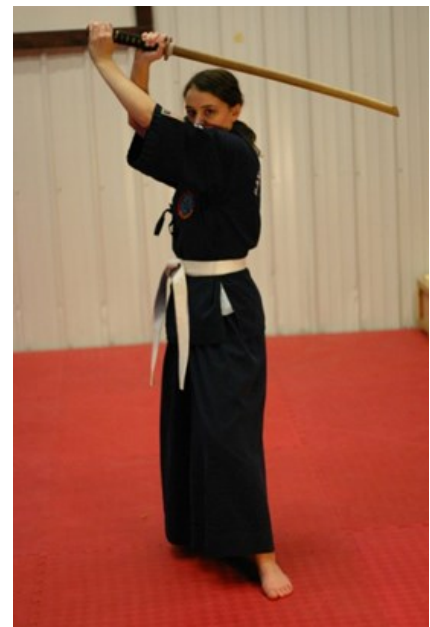
Mok Kum Eung-yong is a series of practical blocks and attacks. It consists of a total of 8 blocks and 8 attacks performed in 4 different directions. You should start practicing Mok Kum Eung-yong slowly, to practice your technique and get used to the transition between block and attack. As you learn new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

Olgul-makki (High Block)



Olgul-makki is a block defending against attacks to your head and can be performed from the left or right side.

This block is performed with Dwi-gubi (Back Stance) make an "L" shape with your feet and bend your knees. Block upwards with the handle on the same side as your back foot. Block with the blade up and with the tip tilted slightly downwards.

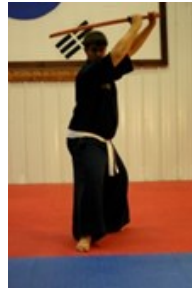


Olgul-makko Hoorigi (High Block with Full Body Strike)

Olgul-makko Hoorigi is done in four directions with two blocks and two attacks with each direction.



Start in Gyo-noom-se (Ready Position) facing front.



Step back with the left foot and block left Olgul-makki (High Block).



Step forward with the left foot and perform a "reverse step" Hoorigi (Full Body Strike).



Step backward with the right foot and block right Olgul-makki (High Block).



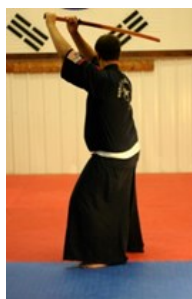
Step forward with the right foot and perform a Hoorigi (Full Body Strike).



Turn to the left 180 degrees to face the rear and block right Olgul-makki (High Block).



Step forward with the right foot and perform a Hoorigi (Full Body Strike).



Step back with the left foot and block left Olgul-makki (High Block).



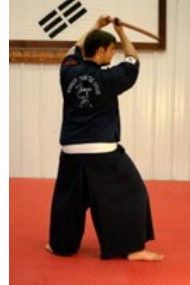
Step forward with the left foot and perform a "reverse step" Hoorigi (Full Body Strike).



Pivot on your left foot and turn to your right so that you are facing left. Block right Olgul-makki (High Block).



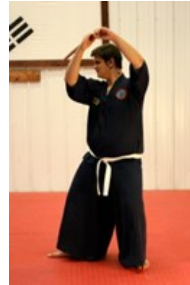
Step forward with the right foot and perform a Hoorigi (Full Body Strike).



Step back with the left foot and block Wen Olgul-makki (High Block).



Step forward with the left foot and perform a "reverse step" Hoorigi (Full Body Strike).



Turn to the right 180 degree to face the right and block left Olgul-makki (High Block).



Step forward with the left foot and perform a "reverse step" Hoorigi (Full Body Strike).



Step backward with the right foot and block right Olgul-makki (High Block).



Step forward with the right foot and perform a Hoorigi (Full Body Strike).

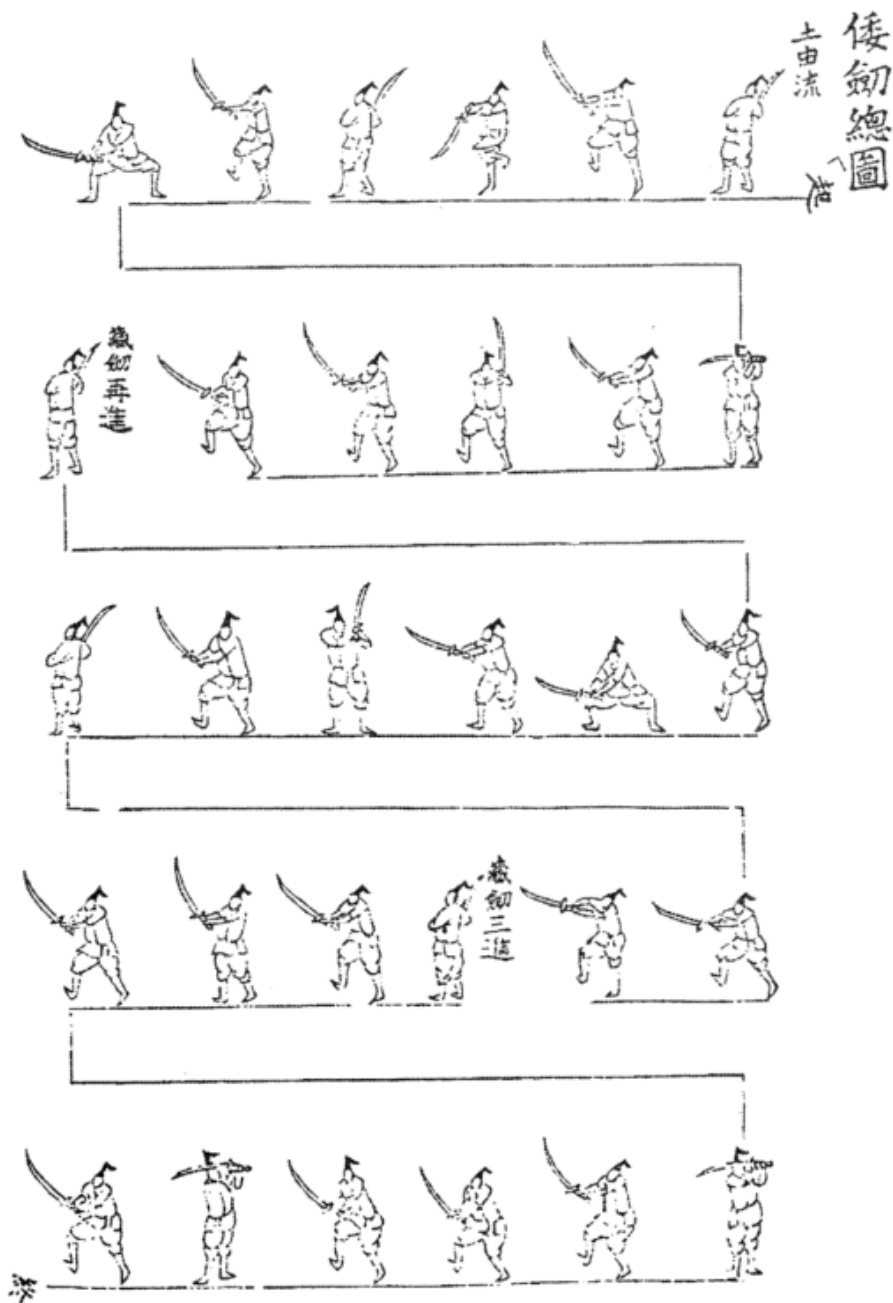


Using Dwi-ro Dora (Turn Around) like step, pivot on your left foot and turn to the left 90 degrees so that you are facing the front and return to Gyo-noom-se (Ready Position).

Kum Do Tul (Forms)

Wae Gum Il Jang: Woonkwang Ryu

Woonkwang Ryu is the first of four forms imported from ancient Japan to ancient Korea. Wookwang Ruy is the most basic sword form from the Muye Dobo Tongji, or The Comprehensive Illustrated Manual of Martial Arts. This form is done in four directions, with different blocks, but the same series of attacks in each direction. Of the four Japanese forms found in the Muye Dobo Tongji, Woonkwang Ryu remained in use the longest.



Chang Kal (Equip Sword).

Start by standing at attention and equipping the sword.

Bboba Kal (Draw Sword).

Draw the sword in the normal way and go into Gyo-noom-se (Ready Position).

Chunlise.

Bring the sword to your right shoulder into a guard stance.



Kwahose.

Stepping with your left foot, go into horse-back riding stance. Perform Hoorigi (Stretching Strike).



Wen Mori Chigi (Left Head Strike).

Step forward with the left foot and make Wen Mori Chigi (Left Head Strike).



Orin Hori Chigi (Right Head Strike).

Step forward with the right foot and make Orin Hori Chigi (Right Head Strike).



Jung-myun Mori Chigi (Center Head Strike).

Lunge forward and make Jung-myun Mori Chigi (Center Head Strike).



Sokhaengse.

Turn to the left 90 degrees into Dwi Gubi (Back Stance). Make Olgol Makki (Head Block) with the sword pointed to the left.



Kwahose.

Stepping with your left foot, go into horse-back riding stance. Perform Hoorigi (Stretching Strike).



Wen Mori Chigi (Left Head Strike).

Step forward with the left foot and make Wen Mori Chigi (Left Head Strike).



Orin Hori Chigi (Right Head Strike).

Step forward with the right foot and make Orin Hori Chigi (Right Head Strike).



Jung-myun Mori Chigi (Center Head Strike).

Lunge forward and make Jung-myun Mori Chigi (Center Head Strike).



Sanshiwoose.

Turn to the left 180 degrees into Dwi Gubi (Back Stance). Make Olgol Makki (Head Block) with the sword pointed to the left.



Kwahose.

Stepping with your left foot, go into horse-back riding stance. Perform Hoorigi (Stretching Strike).



Wen Mori Chigi (Left Head Strike).

Step forward with the left foot and make Wen Mori Chigi (Left Head Strike).



Orin Hori Chigi (Right Head Strike).

Step forward with the right foot and make Orin Hori Chigi (Right Head Strike).



Jung-myun Mori Chigi (Center Head Strike).

Lunge forward and make Jung-myun Mori Chigi (Center Head Strike).



Sukooshimse.

Turn to the left 270 degrees into Dwi Gubi (Back Stance). Make Momtong Maggi (Body Block).



Kwahose.

Stepping with your left foot, go into horse-back riding stance. Perform Hoorigi (Stretching Strike).



Wen Mori Chigi (Left Head Strike).

Step forward with the left foot and make Wen Mori Chigi (Left Head Strike).



Orin Hori Chigi (Right Head Strike).

Step forward with the right foot and make Orin Hori Chigi (Right Head Strike).



Jung-myun Mori Chigi (Center Head Strike).

Lunge forward and make Jung-myun Mori Chigi (Center Head Strike).



Ryusase.

Turn to the left 180 degrees into Dwi Gubi (Back Stance). Make Momtong Maggi (Body Block).



Kwahose.

Stepping with your left foot, go into horse-back riding stance. Perform Hoorigi (Stretching Strike).



Wen Mori Chigi (Left Head Strike).

Step forward with the left foot and make Wen Mori Chigi (Left Head Strike).



Orin Hori Chigi (Right Head Strike).

Step forward with the right foot and make Orin Hori Chigi (Right Head Strike).



Jung-myun Mori Chigi (Center Head Strike).

Lunge forward and make Jung-myun Mori Chigi (Center Head Strike).



Kkoja-kal.

Place your left hand at your side like a scabbard and raise your sword like a single handed Olgul Makki (Head Block).

Step back with your left foot and stomp the ground as you go into Dwi-goobi (back stance); at the same time, flick the sword down.

Lay the dull side of the sword on your left hand and slide the sword down and forward until the tip finds the entrance.

Once the sword is in position, switch to Ap-goobi (front stance).

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 Koja-kal (Put Away).

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!"

Machuo Gyorugi 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) Il Bun (#1)



The Attacker and Defender start facing each other with their swords in Chan-kal (ready to draw) position.



Show proper respect to each other by bowing. Stand at attention (Char-yut) by presenting your swords Vertically in front, then bow and Ki-yap "Dan-gear!"



The Attacker and Defender draw swords at the same time and stand in Gyo-noom-se (ready stance).



A. The Attacker takes 3 steps back and raises their sword overhead and in an Ap-gubi or Front Stance. Front Stance is performed with your front knee bent and your back leg straight.

D. The Defender takes 2 steps back and stays in Gyo-noom-se (ready stance).



Both participants step forwards 2 steps.



A. The Attacker takes a third step forward and attacks Mori-chigi with a Ki-yap "Yap!"

D. The Defender stays upright and blocks left Olgul-makko.



The Defender steps to the left and raises the sword, ready to strike.



The Defender then steps forward with the right foot and attacks Mori-chigi (head strike) with a Ki-yap, "Mori!"



The Defender points the sword at attacker's neck.



The Defender then steps back to Gyo-noom-se (Ready Position). Hu-do's sword always goes under the attacker's sword when returning to Gyo-noom-se (Ready Position).



After both students have finished practicing, they must end the exercise. Both Students lower their swords like Shiyo Kal (Resting Stance); however, the blades are aimed at their opponent.



Both Students take two steps back, and return to Gyo-noom-se (Ready Position).



Both students put away sword at the same time.



Martial Arts begins and ends with respect. Both students bow to each other and Ki-yap "Dang-gear!" to finish the drill.

Jang-kum (Long Sword) Ee Bun (#2)



Sun-do (Attacker) and Hu-do (Defender) start facing each other with your swords in Chan-kal (Ready to Draw) position.



Show proper respect to each other by bowing. Stand at attention (Char-yut) by presenting your swords Vertically in front.



Bow and Ki-yap "Dan-gear!"

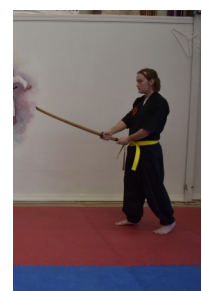


Sun-do (Attacker) and Hu-do (Defender) draw swords at the same time and stand in Gyo-noom-se (Ready Position).



A. Sun-do (Attacker) takes 3 steps back into a front stance and raises their sword overhead.

D. Hu-do (Defender) takes 2 steps back and stays in ready stance.





Both participants step forwards 2 steps.



A. Sun-do (Attacker) takes a third step forward and attacks Son-mok Chigi (Wrist Strike) with a Ki-yap "Yap!"

D. Hu-do (Defender) steps to the left and dips their sword back in order to dodge Sun-do (Attacker's) attack. Hu-do (Defender) raises their sword over head to prepare for a counterattack.



Hu-do (Defender) then steps forward and attacks Son-mok Chigi (Wrist Strike) with a Ki-yap, "Son-mok!"



Hu-do (Defender) points the sword at Sun-do (Attacker's) neck. this is to ensure Hu-do (Defender's) victory, even in defeat an opponent can be deadly.



The Defender then steps back to Gyo-noom-se (Ready Position). Hu-do's sword always goes under the attacker's sword when returning to Gyo-noom-se (Ready Position).



Both Students lower their swords like Shiyo Kal (Resting Stance); however, the blades are aimed at their opponent.



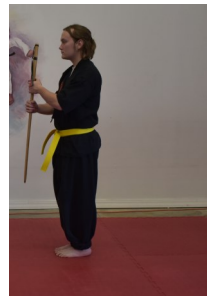
Both Students take two steps back, and return to Gyoom-se (Ready Position).



Both students put away sword at the same time.



Martial Arts begins and ends with respect. Stand at attention (Char-yut) by presenting your swords Vertically in front.



Bow and Ki-yap "Dan-gear!" to finish the drill.



Kum Do Sparring Techniques

Juk Do techniques teach you how to apply attacks in a fast paced sparring match. Unlike Mok Kum techniques, Juk Do techniques are not broken up into three counts, but are performed as a single motion.

Keun Chigi (Full Strike)

Keun Chigi is a full sparring strike using E-eo Gutgi (Continuous Step). This technique uses large arm movements and stepping, which is often too slow to be used in sparring. However, these movements teach the basics which are required for more advanced techniques.

Keun Mori-chigi (Full Head Strike)



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



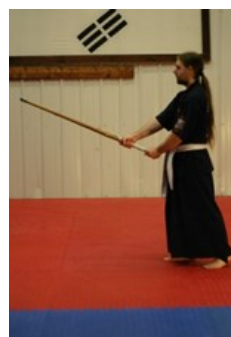
Raise the sword overhead, at the same time bring your left foot to the midpoint of the right foot.



Leap forward pushing with the left foot, and make a Mori-chigi (Head 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.

Keun Sonmok-chigi (Full Wrist Strike)



Start in Gyo-noom-se (Ready Position).



Raise the sword overhead, at the same time bring your left foot to the midpoint of the right foot.



Leap forward pushing with the left foot, and make a Son-mok Chigi (Wrist Strike).

Bring the left foot to meet the right and bring the sword up covering the face to block an opponent's counter strike.

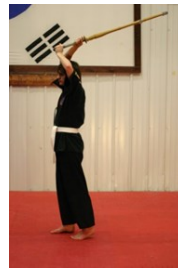


Finish by returning to Gyo-noom-se.

Keun Hori-chigi (Full Waist Strike)



Start in Gyo-noom-se (Ready Position).

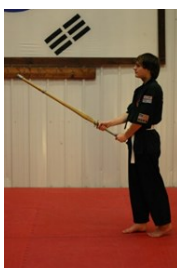


Raise the sword overhead, at the same time bring your left foot to the midpoint of the right foot.



Leap forward 45 Degrees to the right pushing with the left foot and perform a Wen Hori Chigi (Left Waist Strike).

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 (Ready Position).

Kum Do Questions

What is the literal meaning of Kum Do?

Chinese characters make up the word Kum Do. Kum means “Sword” and Do means “the proper way” or “method”. Combined this means “The way of the sword”, but more importantly, it also means “The proper way of training oneself, through the sword”.

Children’s Home Rules

1. Children will respect parents and family members at all times.
2. Children will greet their parents when they enter the house and say goodbye when they leave.

Kum Do Terminology

Apu-ro	Forward Step
Bboba Kal	Draw the Sword
Bolyo Gutgi	45 Degree Turning Step
Chan Kal	Ready the Sword
Dee	Belt
Deun Kal	Resting While Sword is Sheathed
Do-bok	Uniform
Duro-kal	Pick Up the Sword
Dwi-ro	Backward Step
Dwi-ro Doro	Turn Around
E-eo Gutgi	Continuous Step
Gyo-noom-se	Ready Position
Hoorigi	Full Body Strike
Hori Chigi	Waist Strike
Keun Mori Chigi	Full Head Strike
Keun Son Mok Chigi	Full Wrist Strike
Keun Hori Chigi	Full Waist Strike
Kkoja Kal	Sheathing the Sword

Machuo Gyorugi

Miro Gutgi

Mok Kum Eung-yong

Mori Chigi

Neru-kal

Olgul Makki

Olgul-makko Hoorigi

Orun-chok

Orun Hoorigi

Orun Mori Chigi

Shiyo Kal

Son Mok Chigi

Wae Gum Il Jang

Wen-chok

Wen Hoorigi

Wen Mori Chigi

Step Sparring

Pushing Step

Sword Application

Head Strike

Lay Down Sword

High Block

High Block - Full Body Strike

Right Step

Right Full Body Strike

Right Head Strike

Resting with Sword Drawn

Wrist Strike

First Japanese Sword Form

Left Step

Left Full Body Strike

Left Head Strike

Let's Review!

Let's review what you need to know to test for your next belt. During testing you will need to perform your current belt level form and step sparring. At higher levels, you may also be asked to perform lower belt forms and step sparring. This means you need to continue to practice what you've already learned outside of class. At testing you will be asked to spar using the techniques you know, do your best and try to use your techniques wisely. Physical ability is nothing without the knowledge to use it responsibly, your mind is always the greatest weapon. Students will be quizzed on their belt level question and children's home rules for students under the age of 18. Students are not required to memorize these questions word for word, but may paraphrase instead. Students are not required to memorize all the Korean words, but the terminology in bold is regularly used in class, so it is strongly encouraged to know them.

Basic Techniques

Hoorigi: Stretching Strike

Mori Chigi: Head Strike

Wen/Orun Mori Chigi: Left/Right Head Strike

Son Mok Chigi: Wrist Strike

Hori Chigi: Waist Strike

Olgul Makki: High Block

Forms

Wae Kum: Wookwang Ryu

Step Sparring

Long Sword #1

Sparring Techniques

Keun Mori Chigi: Full Head Strike

Keun Son Mok Chigi: Full Wrist Strike

Keun Hori Chigi: Full Waist Strike

Questions

What is the Literal Meaning of Kumdo

Children's Home Rules