# **Kumdo: Yellow 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 yellow belt student. There is a lot of new information and use of the Korean language. Of course, this can feel overwhelming, students will <u>not</u> 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. Students under the age of 16 also do not have to memorize all four Chirugi (Thrust) target areas; all youth Chirugi (Thrust) should be aimed at the throat.

**Basic Techniques** 

**Stances** 

Chirugi: Thrust

Jung-myun Begi: Downward Vertical Slash

Momtong Makki: Body Block

**Forms** 

Bon Kuk Kum Bup II Jang

Step Sparring

Long Sword #2

**Sparring Techniques** 

Pparin-mori-chigi: Rapid Head Strike

Chirugi: Thrust

**Sparring Tactics** 

Mori-chigi Attack with Sidestep Mor-chigi Counterattack

Questions

What are the parts of the Mok Kum?

Children's Home Rules

## History of Kum Do

#### History of Kum Do

Current historical theory suggests bronze swords were first used in Mesopotamia in 3000 B.C. According to the Chinese documents "San-hae-kyung" and "Sagi", Koreans started using swords in 2000 B.C. These documents suggest Koreans used swords before the Chinese. Koreans started creating steel swords in 400 B.C. However, steel swords were so rare, bronze swords were still the most common weapon. The traditional Korean Hwan-du-dae-do started being forged around 200 B.C.



Mu-sa means warrior, the Musa spirit and traditions have been passed down for generations. Old Chinese documents describe Korean warriors treating swords carefully with proper sword etiquette. Korean warriors showed respect to their swords, each other and their enemies. The Musa spirit was expressed by accepting surrenders with proper etiquette and not engaging in reckless duels. Korean martial arts are highly influenced by the Three Kingdoms period, where Korea was split into the kingdoms of Koguryo, Baek-jae, and Shilla.

It is theorized the custom of wearing a black belt began in the northern Korean kingdom of Koguryo. Each government department had a Mu-sa group called Jo-ui-sun-in; these warriors wore black dobok and belts as a symbol of their position. The kingdom of Koguryo developed a warrior educational system called Gyung-dang which recruited young people to train in martial arts to defend the country.

The kingdom of Baek-jae had some of the greatest sword smiths of the time, and had a government run department which manufactured swords. Baek-jae and the small neighboring kingdom of Ga-ya influenced the Japanese greatly. The Il-bon-seo-gi (History of Japan) tells of how Baek-jae master swordsmen and weapons were sent to Japan. There the Koreans taught the Japanese swordsmanship and maintained a strong relationship. A great example of a Baek -jae sword is the Hwan- du-dae-do sword of king Mu-ryung.



Shilla developed later than Baek-jae and Koguryo, however, it would prove to be the strongest and unify the country. Shilla developed the warrior groups of Wonhwa and Hwarang. These warriors dedicated themselves to swordsmanship, practicing Gyuk-kum (combat sword sparring); in addition, they were also educated and studied the arts. Shilla also developed the sword form known as Bon-kuk- kum-bup.

#### Kum Do Essentials

#### Ki-yap (Yell)

A martial artist's yell is an important tool. Yelling expels old air from the lungs, allowing fresh air to enter; this aids a practitioner's cardio capability. It is also used to intimidate an enemy and bolster the martial artist's confidence. A Ki-yap should be done from the abdomen, not the chest. Some Ki-yaps will use the name of the strike, or a command, while others are simple yells.

#### **Kum Do Stances**



#### Ap-gubi (Front Stance)

Ap-gubi is a stance which emphasizes separating upper and lower body. This stance can be performed with either the left or right foot forward. Your forward leg should be bent and your foot should be pointed either straight forward or slightly inward. The back leg should be straight back with knee locked and your foot pointed forward. Your feet should be shoulder width apart with your back straight and your weight firmly in the front.



### Dwi-gubi (Back Stance)

Dwi-gubi is a lower body stance which is most commonly used with a block performed by the sword and upper body. This stance can be performed with either the left or right foot forward. Your feet should make an "L" shape with the front foot pointed forward and your back foot pointed to the side. Your feet should be about two and a half of your feet lengths apart. The majority of your weight should be on your back foot, which should be directly underneath your shoulder. Both of your knees should be bent and your torso should be at an angle.



### Juchoom Suh-gi (Horseback Riding Stance)

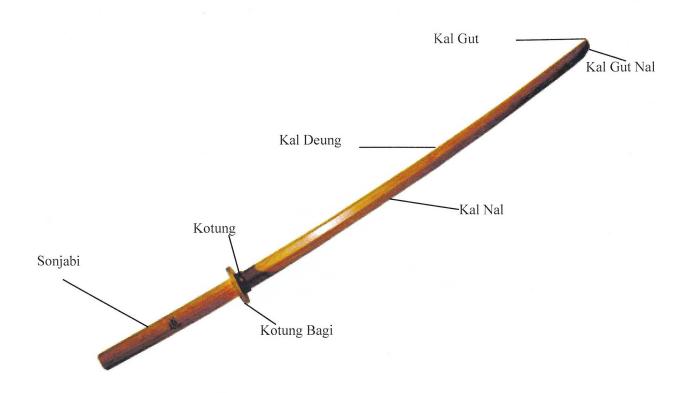
Juchoom is a middle stance which separates the upper and lower body and resembles riding a horse, this stance is primarily used for practice. Your feet should be placed wider than shoulder width apart and turned inward. Bend your legs so that you "sit", but keep your back straight.

## Kum Do Equipment

## Mok-kum (Wooden Sword)

There are many names for swords. Some are different words with the same meaning, others are names for a specific kind of sword. A long sword will frequently be called a Dae-do or Jang-kum, a short sword will frequently be called a So-do or Dan-kum. The parts of the sword are:

Son-jab-yi	handle	Kottung	Hilt
Kottung-baji	Hilt retainer	Kal-nal	Sharp side of the blade
Kal-deung	Back side of the blade	Kal-kut	Tip of the blade
Kal-kut-nal	Sharp side of the tip of the blade		



## Kum Do Mok Kum Techniques

#### Chirugi (Thrust)

This is a straight thrust toward the opponent and has four primary targets: the chest (Mun-chi), the throat (Mok), the head (Injun), and the stomach (Tanjun). Use your left hand to push the sword forward into a stab from the back of the sword, use your right hand to keep the sword steady. You should yell (ki-yap) the name of your target area when performing the thrust, for example if you aim for the chest you should yell "Mun-chi!"

#### 2 Count Chirugi

Unlike strikes, Chirugi is only performed in 2 and 1 counts. In 2 count practice, all four target areas are used in succession (see below). First motion, start in ready stance (Gyo-noom-se) and use Miru gutgi (pushing step) to move forward; at the same time, thrust towards your intended target. Extend your arms and turn in your elbows and wrists slightly to complete the thrust. The power comes from your legs and the movement forward, rather than upper arm strength. Have your left foot quickly follow the right foot. Perform Chirugi to each of the four target areas and repeat in this order:



#### Mun-chi (Solar Plexus)

Lower the sword slightly, but do not turn out your elbows. Aim for the solar plexus, this is the small bone at the base of your sternum (ribcage).





#### Mok (Throat)

The tip of the sword should already be pointed at your opponent's throat from Gyo-noom-se. Let your arms extend naturally, as if they are on railroad tracks.





#### Injun (Philtrum)

Raise the sword slightly, do not turn out your elbows. Aim for the "dip" between your opponents nose and upper lip.





#### Tanjun (Stomach)

Lower the sword even more than for Mun-chi, once again, do not turn out your elbows. Aim for the soft area below the ribcage.



#### 1 count Chirugi

For one count, perform chirugi to the same target area going forward and backward. Perform all four target area so forward and backward in the same order as 2 count.

#### Jung-myun Begi (Downward Vertical Slash)

Begi means "slash", and it is one of the most important attacks in Kum Do. The basics of Begi are easy to learn, but it takes considerable practice and training to perfect. The sword must make an oval shaped arc as it travels through the slash, you should feel like you are pulling through a target in your hands. The force for the slash is primarily generated through your abs and waist. Jung-myun Begi is a downward vertical slash. Begi are performed in only 3 and 2 counts, 2 count combining the first and second motions together.



First Motion. Starting from Gyo-noom-se, raise the sword overhead in a parallel position, just like in Mori-chigi.

Second Motion. The strike begins like Mori-chigi, except you will step forward with the right foot into a front stance (Ap-gubi). Instead of stopping at head level, continue the motion in an oval arc, slashing downward until the sword is close to the ground. When you reach the end of the slash, pull the sword back to your own body until the butt of the sword is one fist distant from your belt. Ki-yap "Yap!", at the apex of the strike.











Third Motion. Step Back into the Gyo-noom-se position.

## Kum Do Mok Kum Eung-yong

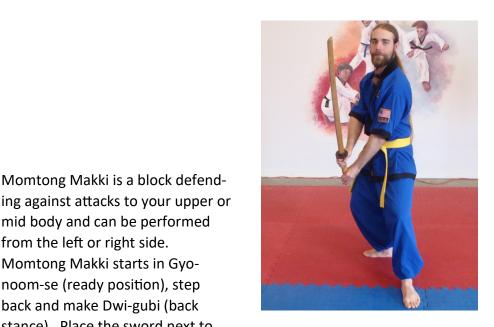
Mok Kum Eung-yong is a series of practical blocks and attacks. It consists of a total of 8 blocks and 8 attacks performed in 4 different directions. You should start practicing Mok Kum Eung-yong slowly, to practice your technique and get used to the transition between block and attack. As you learn new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

#### Momtong Makki (Body Block)



ing against attacks to your upper or mid body and can be performed from the left or right side.

Momtong Makki starts in Gyonoom-se (ready position), step back and make Dwi-gubi (back stance). Place the sword next to the left side of the waist with a flat sword angle, block like a snap cut, do not push the sword out away from your body. The sword should be slightly angled, but not too much, otherwise the opponent may be able to swing around your defense.







## Momtong Makko Jung-myun Begi (Body Block – Vertical Slash)

Momtong Makko Jung-myun begi 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 Momtong Makki (Body Block).



Step forward with the left foot and perform Jung-myun Begi (Vertical Slash).



Step backward with the right foot and block right Momtong Makki (Body Block).



Step forward with the right foot and perform a Jung-myun Begi (Vertical Slash).



Turn to the left 180 degrees to face the rear and block right
Momtong Makki (Body Block).



Step forward with the right foot and perform a Jung-myun Begi (Vertical Slash).



Step back with the left foot and block left Momtong Makki (Body Block).



Step forward with the left foot and perform a Jung-myun Begi (Vertical Slash).



Pivot on your left foot and turn to your right so that you are facing left. Block right Momtong Makki (Body Block) with your right foot in back.



Step forward with the right foot and perform a Jung-myun Begi (Vertical Slash).



Step back with the left foot and block Wen Momtong Makki (Body Block).



Step forward with the left foot and perform a Jung-myun Begi (Vertical Slash).



Turn to the right 180 degrees to face the right and block left Momtong Makki (Body Block).



Step forward with the left foot and perform a Jung-myun Begi (Vertical Slash).



Step backward with the right foot and block right Momtong Makki (Body Block).



Step forward with the right foot and perform a Jung-myun Begi (Vertical Slash).

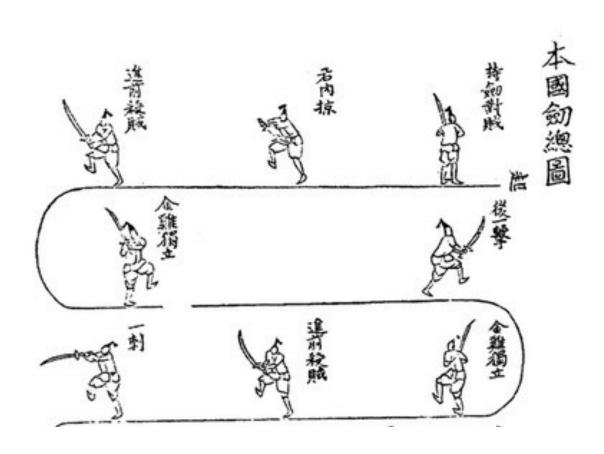


Using Dwi-ro Dora (Turn Around) like step, pivot on your left foot and turn to the left 90 degrees so that you are facing the front and return to Gyo-noom-se (Ready Position).

## Kum Do Tul (Forms)

## Bon Kuk Kum Bup II Jang (Part 1)

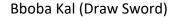
Bon Kuk Kum Bup II Jang is the first part of a larger sword form (Tul). Bon Kuk Kum Bup is an ancient sword form taken from the Muye Dobo Tongji (Illustrated Manual of Martial Arts). This form covers the first 7 movements of the complete form which includes 3 Chigi (strikes) and 1 Chirugi (thrust). The purpose of this form is to teach the basics of striking, balance, and transitioning from defense to offense.



#### Chang Kal (Ready Sword)

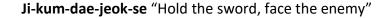


Start by standing at attention and equipping the sword.



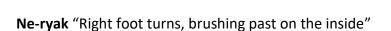


Draw the sword in the normal way and go into Gyo-noom -se (Ready Position).





Bring your back foot forward and square your feet, shoulder width apart. Bring your sword up to your left side into a guard stance.





Turn to the right, bend your knees and swing the sword low as if you are cutting tall grass. At the end of your turn, bring the sword up into an Olgul Makki block with your hands on your right side (this is opposite your Mok Kum application).





Jin-jeon-gyuk-jeok-se "Advance forward and attack the enemy"



Bring your right foot back and ready your sword for a Mori (Head Strike). Then step forward and strike Mori -chigi, Ki-yap "Mori!".



Keum-gye-dok-rip-se "Golden rooster stands on one leg"



Bend your knees and turn to the left, and bring your right shoulder under the sword. After completing the turn, stand to your full height and raise your left leg. As you stand, bring the sword from your shoulder to a guard position over your right shoulder, with the feeling of raising a heavy flag over your shoulder.



Hu-il-kyuk-se "Rear Single Strike"



Step forward with your raised left foot and raise your sword for a Sonmok-chigi (Wrist Strike). Step forward with your right foot and strike Sonmok-chigi, Ki -yap "Sonmok!"



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#### An-ja-se "Wild Goose Vigor"



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!"



Gyo-noom-se (Ready Position)

Pull the sword back as if you are pulling it out of your opponent's chest and return to Gyo-noom-se (Ready Position). Part 1 is finished, Part 2 repeats the same motions, but facing the opposite direction.

**Ji-kum-dae-jeok-se** "Hold the sword, face the enemy"



Bring your back foot forward and square your feet, shoulder width apart. Bring your sword up to your left side into a guard stance.



Ne-ryak "Right foot turns, brushing past on the inside"



Turn to the right, bend your knees and swing the sword low as if you are cutting tall grass. At the end of your turn, bring the sword up into an Olgul Makki (High Block) with your hands on your right side (this is opposite your Mok Kum application).



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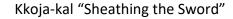


At the end of the right spin block bend your knees to crouch so that your legs cross. At the same time, as you complete the spin, cradle the sword in the crook of your arm, so that the sharp side is up and the sword is aimed forward.





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!"





Pull the sword back as if you are pulling it out of your opponent's chest, but this time pull it all the way out and go into a reverse Ap-goobi (Front Stance).



Place your left hand at your side like a scabbard; lift your left leg and stamp the ground as you go into a horseback riding stance. As you do this, flick the sword vertically from front to back.





Flip the sword in your hand and slowly bring the sword back in a vertical arc and shift your weight into a Dwi-gubi (Back Stance) finishing the motion when the sword is pointed directly in front of you. Flick the blade back and lay the dull side of the sword on your 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.



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) Sam Bun (#3)

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 Char-yut (Attention) by presenting your swords vertically in front,

then bow and Ki-yap (Yell) "Dan-gear!"

Return to Char-yut (Attention).

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

Both participants step back, right foot first.

- A. The Attacker takes 3 steps back and raises their sword overhead and in an Ap-gubi (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 forward 2 steps.

- A. The Attacker takes a third step forward and attacks Hori-chigi (Waist Strike) with a Ki-yap (Yell) "Yap!"
- D. The Defender steps diagonally forward right, under the Attackers strike. At the end of the step, the Defender attacks Orun Mori Chigi (Right Head Strike).

The Defender points the sword at the attacker's neck.

The Defender then steps back to Gyo-noom-se (Ready Position). The defender'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 swords at the same time.

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

### Jang-kum (Long Sword) Sa Bun (#4)

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 Char-yut (Attention) by presenting your swords vertically in front,

then bow and Ki-yap (Yell) "Dan-gear!"

Return to Char-yut (Attention).

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

Both participants step back, right foot first.

- A. The Attacker takes 3 steps back and raises their sword overhead and in an Ap-gubi (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 forward 2 steps.

A. The Attacker takes a third step forward and attacks Hori-chigi (Head Strike) with a Ki-yap (Yell) "Yap!"

D. The Defender steps diagonally forward right, under the Attackers strike. At the same time, perform Orun Momtong Makki (Right Middle Block).

At the end of the step, the Defender attacks Orun Mori Chigi (Right Head Strike).

The Defender points the sword at the attacker's neck.

The Defender then steps back to Gyo-noom-se (Ready Position). The defender'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 swords at the same time.

Martial Arts begins and ends with respect. Both students bow to each other and Kiyap (Yell) "Dang-gear!" to finish the drill.

## **Kum Do Sparring Techniques**

#### Pparin-mori-chigi (Rapid Head Strike)

Pparun Mori-chigi is a fast, continuous head strike. Pparun Mori-chigi is used to develop speed, endurance, concentration, proper striking technique, and harmony between the upper and lower body. Pparun Mori-chigi is only performed in 1 count practice, but is broken into separate movements here.



Start from Gyo-noom-se (ready position), raise the sword over your head and step back a half step with your right foot.





Make a fast pushing step with your right foot forward, at the same time perform a Mori-chigi (Head Strike) and ki-yap "Mori!".





Take one fast pushing step back and raise the sword again, ready for another strike.

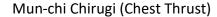


Repeat steps 2 and 3 with a given number of Pparun Mori-chigi strikes counted by the instructor.

#### Chirugi (Thrust)

Chirugi performed in sparring is performed the same way as with Mok-kum, except with only two target areas, the throat and solar plexus. Note: in some tournaments, the solar plexus is not available as a target; and in many tournaments, Chirugi is banned entirely. In sparring, you only Ki-yap "Chirugi!" while striking. After the attack is completed, you need to relax your arms to prevent injury to your opponent. This is a dangerous attack, even with armor, and is not to be performed by or against students under 18 years old; it is also not available unless your instructor advises you it is acceptable.

Mok Chirugi (Throat Thrust)





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





Lunge forward and push your hands out to thrust.



After striking your target, retract your hands immediately to avoid injury to your opponent.

After completing the strike bring the left foot to meet the right and close distance with your opponent to prevent a counterattack.

## **Kum Do Sparring Tactics**

Sparing 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.

#### Mori-chigi Attack with Sidestep Mor-chigi Counterattack

Sidestep Mor-chigi chigi counterattack against Mori chigi attack is the first sparring tactic and introduces the concept of counter attacks. Timing is the key to this tactic, the defender needs to move after the attacker commits to their attack, and then strike swiftly to capitalize on the opportunity. This tactic is most effective against opponents who overextend their attack.



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



The Attacker makes a Keun Mori Chigi (Full Head Strike), more advanced students should be able to perform a counterattack to any Mori Chigi (Head Strike).





The Defender counter attacks by stepping to the right and performing a counter Mori-chigi (Head Strike).



The Defender completes the strike by raising their sword and advancing close to the Attacker so that they do not have room to counterattack.

## **Kum Do Questions**

## What are the parts of the Mok Kum?

Son-jab-yi Handle Kottung Hilt

Kottung-baji Hilt retainer

Kal-nal Sharp side of the blade Kal-deung Back side of the blade

Kal-kut Tip of the blade

Kal-kut-nal Sharp side of the tip of the blade

#### Children's Home Rules

- 3. Children will be truthful at all times.
- 4. Children will maintain a good relationship with brothers and sisters at all times.

## Kum Do Terminology

Ap-gubi Front Stance

**Chirugi** Thrust

Dwi-gubi Back Stance

Injun Philtrum
Hu-do Defender

Juchoom Suh-gi Horseback Riding Stance

Jung-myun Begi Downward Vertical Slash

Kal-deung Back side of the blade

Kal-kut Tip of the blade

Kal-kut-nal Sharp side of the tip of the blade

Kal-nal Sharp side of the blade

Ki-yap Yell
Kottung Hilt

Kottung-baji Hilt retainer

Mok Throat

Momtong Makki Body Block

Momtong Makko Jung-myun Begi Body Block – Vertical Slash

Mun-chi Solar Plexus

Pparin-mori-chigi Rapid Head Strike

Son-jab-yi Handle
Sun-do Attacker

Tanjun Stomach

#### 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** 

Stances

Chirugi: Thrust

Jung-myun Begi: Downward Vertical Slash

Momtong Makki: Body Block

**Forms** 

Bon Kuk Kum Bup II Jang

Step Sparring

Long Sword #2

**Sparring Techniques** 

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