

Kumdo: Deputy Black 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 deputy belt student. In preparation for your black belt testing, you should begin a regular exercise routine. Black belt testing is designed to push you to your limits. Deputy Black Belt students are expected to know all previous forms and step sparring. Students should review their old manuals and start becoming familiar with the supporting material. 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.

Forms

Wae Gum #4 Chunryu Ryu

Step Sparring

Dan-kum (Short Sword) Sam Bun (#3)

Sparring Techniques

Han-son Chirugi

Sparring Tactics

Hori Chigi against Rya Kal Son-mok Mori Counter

Questions

The Black Belt Oath

History of Kum Do

Japanese Occupation of Korea

Referee

Black Belts and Deputy Black Belts are frequently called on to perform referee duties in class and at tournaments. These the additional actions and knowledge that must be known for by a referee in addition to the general rules outlined in the Blue High Belt Manual.

Call Contestants

Hold the flags straight upright, in line with the forearms.

Point to Blue's starting mark and Ki-Yap "Chung!", then point to Red's starting mark and Ki-yap "Hong!".

Bow to Judges Table

Give the command "Ah-pe-bogo!" (Turn to face the Judges)

Cha-ryeot/Kyeong-rye (Attention and Bow)

Hold the flags at the side and give the command "Cha-ryeot!" (Attention).

Give the command "Kyeong-rye!" (Bow) and bow with the competitors towards the judges..

Bow to Competitors

Give the command "Mah-joo-bogo!" (Turn to face each other)

Cha-ryeot/Kyeong-rye (Attention and Bow)

Hold the flags straight upright, in line with the forearms. Give the command "Cha-ryeot!" (Attention).

Tip the flags towards the center until they are parallel; at solar plexus height and in line with your fore-arms. Give the command "Kyeong-rye!" (Bow).

Joon-Bi (Ready)

Raise your arms above your shoulders and point the flags straight back.

Step forward with your right foot into Ap Goobi (Front Stance), Point the flags straight forward at Solar Plexus level, and give the command "Joon-bi!" (Ready).

Shi-Jak (Start)

Quickly, slide your right foot back and raise your arms above your shoulders and point the flags straight back. At the same time, give the command "Shi-Jak!" (Begin).

Kal-Yeo (Pause)

Interrupt the match by stepping forward with your right foot into Ap Goobi (Front Stance), Point the flags straight forward at Solar Plexus level, and give the command "Kal-Yeo!" (Pause).

Keu-man (Stop)

Interrupt the match by stepping forward with your right foot into Ap Goobi (Front Stance), Point the flags straight forward at Solar Plexus level, and give the command "Keu-man!" (Stop).

Kye-sok (Resume)

Quickly, slide your right foot back and raise your arms above your shoulders and point the flags straight back. At the same time, give the command "Kye-Sok!" (Resume).

Seung (Declare Winner)

Hold the flags down at your side.

Raise the winning flag straight upright, in line with the forearms, then extend the winning flag 45 degrees up and announce "Cheung Seung!" (Blue Winner) or "Hong Seung!" (Red Winner).

Shi-gan (Stop Time)

Point the left flag down, in front. Bend the arm and point the right finger at the recorder's seat and call "Shi-gan" (Time).

Kyong-go (Warning)

Declare "Kal-Yeo" and follow that procedure.

Transfer the blue flag into the left hand, and hold at the side.

Bend the arm and point the right finger at the offending competitor and declare "Hong" or "Chung" as appropriate.

Bring the right forefinger to the left shoulder.

Point the right forefinger at the competitor again and declare "Kyong-go!". (Referee may also give a brief description of the infraction)

Gam-jeom (Penalty/Deduction of Point)

Declare "Kal-Yeo" and follow that procedure.

Transfer the blue flag into the left hand, and hold at the side.

Bend the arm and point the right finger at the offending competitor and declare "Hong" or "Chung" as appropriate.

Raise the arm up and point the right forefinger straight into the air.

Point the right forefinger at the competitor again and declare "Gam-jeom!". (Referee may also give a brief description of the infraction)

Make the motion to annul points.

(Motion to Annul Points)

Declare "Kal-Yeo" and follow that procedure, or proceed from Gam-jeom (Penalty).

Make Chr-yeut Stance and cross the blue and red flag across the body.

Cross and Uncross the blue and red flag rapidly twice.

Types of Kyong-go Penalties

Illegal Contact

This includes grabbing and holding as well as excessive pushing.

Uncompetitive Acts

This means avoiding or delaying competition. It includes running away and excessive retreating. This also includes stepping out of bounds.

Illegal Attacks

This is primarily for attacks to non-target areas. This includes repeated accidental attacks to non-vital areas or a single attack to a dangerous target area. This would also include excessive force to valid target areas. Invalid methods of attack, like punching and kicking would also result in Kyong-go.

Unsportsmanlike Conduct

This is a dishonorable action, such as rude gestures or speech; such as taunting or insulting a competitor. This also includes displays of anger and arguing with the referee.

Types of Gam-jeom (Deduction of Point)

Kumdo matches are usually 3 or 5 points, so the deduction of a point is a major occurrence. 2 Kyong-go Penalties will result in a Gam-jeom (deduction of point). These Kyong-go penalties must be of the same or similar type. For example stepping out of bounds twice will result in a Gam-jeom (deduction of point), but stepping out of bounds and pushing would result in two separate Kyong-go.

Especially excessive Kyong-go may result in Gam-jeom. For example, a competitor clearly trying to break the rules or injure an opponent. This escalation outside the usual penalty progression should be rare and is at the Referee's discretion.

Referee Terminology

Starting and Ending Commands

Ah-pe-bogo	Turn to Face the Judges
Charyot	Attention
Geou Mahn	Stop (Finish)
Joon Bi	Ready
Kyung-nye	Bow
Mah-joo-bogo	Turn to Face Competitors

Match Commands

Chung	Blue (Competitor/Corner)
Gam Jeom	Penalty/Deduction of Point
Gye-sok	Resume/Continue
Hong	Red (Competitor/Corner)
Kal-ryo	Pause/Break
Seung	Winner (Declare Victory)
Shi Gahn	Time (Stop)

Officials and Equipment

Bae Sim	Jury/Judges Table
Boo Sim	Judge
Chung-gi	Blue Flag
Gae Shi	Time Keeper
Hong-gi	Red Flag
Ki Rohk	Recorder
Joo Sim	Referee
Shim-pahn-gi	Judging Flag

How to Sharpen Jin-kum

Sharpening shouldn't be a common occurrence as long as you clean your Jin-kum promptly after cutting, but as you practice cutting, your sword will eventually lose its edge. Some forms of cutting are harder on your edge than others. Cutting reed mats has minimal impact, while cutting paper or bamboo can be hard on an edge. The damage done to a blade will vary, which means the amount of sharpening will also vary. If a blade has a small chip or notch, the sword will require major sharpening and possibly some shaping. If the blade is just a little dull, it might only need a good polish. If a blade has a major chip or notch, it may be damaged beyond repair. Sharpening is a time consuming process, expect to devote hours, days, or even weeks to complete.

If you can, it is always best to have a professional sharpen your sword, especially if the sword needs shaping. Sword sharpening is a skill which takes considerable practice. When searching for a professional, make certain they know how to sharpen a jin-kum or katana. Most swords are sharpened like a knife, but this is not acceptable for a jin-kum.

What you will need

Whetstone/Water Stone	Sand Paper
Metal File	Metal Polish
Whetstone Oil	Bucket of Water
Block of Wood (or other support)	Wash Cloth
Gloves	

Whetstone versus Water Stone

Whetstone's and Water Stones are used for sharpening, lubricate a Whetstone with oil, and a Water Stone with water. Water Stones tend to be more expensive and are preferred by professionals, but amateurs will probably not recognize any difference. Going forward, both will be referred to as Sharpening Stones.

Preparation

Remove the handle from the Ka-gum or Jin-kum, as shown in the Red Belt Manual.

Prepare a bucket of water if using a waterstone or polishing with sandpaper.

Place the sword on a table with a raised surface, like a block of wood. This is so that you can maneuver the blade as you sharpen it.

Safety

When sharpening a sword, your fingers will very much be in danger of being cut. Wearing tough leather gloves, or wrapping the part of the blade you're not sharpening with cloth can help. Do not attempt to sharpen a Ka-gum (Practice Sword). Ka-gum have not been heat treated and will break or bend if you attempt to cut with them.

Shaping

Shaping is used to make major changes to the sword, like taking out a notch or changing geometry. In general, it is best not to use power tools, especially on Jin-kum; power tools can potentially damage the heat treatment. Instead use a file or high (500 or less) grit sharpening stone for this stage. Some blades have hardened metal on the blade and soft metal on the spine, it is possible to remove so much hardened metal that you expose the soft metal. If this happens, the sword is ruined; so be careful or hire a professional.

Use the file or stone to remove material perpendicular to the edge, moving from Kal-deung (back of the sword) to the Kal-nal (sword edge). Unless you are trying to change the geometry of the blade, try to maintain the existing angle on the edge. This is usually 30 degrees. Make certain that each side gets the same number of strokes, otherwise your edge may become lopsided. It helps to count to a certain number, like 20, then work the other side. Regularly use oil or water to lubricate a stone and blade. Once you have worked out any notches or fixed the sword angle, move on to sharpening.

Sharpening and Polishing

If your sword needed shaping, or it's very dull, you will need to sharpen and/or polish it. The act of polishing your sword will also sharpen your sword, so there is a grey area where sharpening ends and polishing begins. Polish is incredibly important to a good cutting sword. A high polish will reduce the resistance as a blade cuts through a target, so the better the polish, the cleaner the cut.

Sharpening can be done with a sharpening stone or sandpaper, polishing can be done with a polishing stone, sandpaper, metal polish, or a combination of the above. The starting grit will depend on how much the sword needs sharpening. If the sword needed to be shaped or is very dull, start at 500, or the lowest grit you can. For a dull sword start at around 2000 grit, and for a simple sharpen around 4000 grit.

Whichever method you use, start at a low grit and work your way to a higher and higher grit. Try to increase in many small increments for the best results. Expect to spend several hours sharpening at each grit. Notice the marks each grit makes on the metal, when you advance to the next grit, you need to work out all of those marks before moving on to the next grit.

Sharpening/Polishing with a Stone

Use the sharpening stone to remove material perpendicular to the edge, moving from Kal-deung (back of the sword) to the Kal-nal (sword edge). Try to maintain the existing angle on the edge, this is usually 30 degrees. Make certain that each side gets the same number of strokes, otherwise your edge may become lopsided. It helps to count to a certain number, like 20, then work the other side. Regularly use oil or water to lubricate a stone and blade. Once you have smoothed out the marks from shaping or have a good edge, move on to the next highest grit sharpening stone you have.

Sharpening/Polishing with Sandpaper

Cut the sandpaper into manageable squares and soak them in a bucket of water for several minutes. You will also use water to lubricate your sanding. Apply the sandpaper parallel to the edge; be careful not to cut your fingers, gloves may help. Occasionally clean and dry the blade with a cloth to see the polish progress. Once you can see a considerable difference, move on to the next highest grit polish until done. Don't forget to spend an equal amount of time on each side of the blade.

Polishing with Metal Polish

Apply a dollop of metal polish onto a piece of cloth and rub a thin layer of polish into the metal in a circular motion. Be careful not to cut your fingers, gloves may help. After the polish has completely dried, buff the polish off in a circular motion. If a high polish is desired, this step may need to be repeated, or move to a higher grit metal polish.

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.

Olgul Makko Dolgae Begi

Olgul Makko Dolgae Begi is done in four directions with two blocks and two attacks with each direction. This pattern is different because the attack lands on a different foot than we are used to, which requires a different foot step.

Start in Gyo-noom-se facing front.

Step back with the left foot and block Wen Olgul makki.

Perform an Orun Dolgae Begi attack.

Step forward with the left foot and block Orun Olgul makki.

Perform a Wen Dolgae Begi attack.

Step forward with the left foot then turn to the left 180 degrees to face the rear and block Orun Olgul makki.

Perform a Wen Dolgae Begi attack.

Step forward with the right foot and block Wen Olgul makki.

Perform an Orun Dolgae Begi attack.

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

Perform a Wen Dolgae Begi attack.

Step forward with the right foot and block Wen Olgul makki.

Perform an Orun Dolgae Begi attack.

Step forward with the left foot and turn to the right 180 degrees to face the right and block Wen Olgul makko.

Perform an Orun Dolgae Begi attack.

Step forward with the left foot and block Orun Olgul makko.

Perform a Wen Dolgae Begi attack.

Using Dwi-ro Dora 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.

Kum Do Tul (Forms)

Wae Gum #4 Chunryu Ryu

Chunryu Ryu is the last of four forms imported from ancient Japan to ancient Korea. Chunryu Ryu is the most complex of the Japanese forms. This form simulates a situation in which the swordsman is surrounded in the front and back. As the enemies close in, the practitioner's movement becomes limited and they must fight economically. Chunryu Ryu is a difficult form with a variety of techniques which will prepare you for Black Belt Level. In addition, this form provides optional variations on technique for athletic students.

Chang Kal (Equip Sword)

Start by standing at attention and equipping the sword vertically, bring the Sonjabi (Handle) close to your chest.

Bboba Kal, Hanson Dwi Jungmyun Begi (Drawing, One Handed Rear Vertical Slash)

Grip the Sonjabi (Handle) in a reverse grip. Go into Juchoom (Horseback Stance) and stamp with the right foot. At the same time, draw the sword straight up and slash downwards towards the back. Ki-yap "Yap!"

Okke Kal (Shoulder Stance)

Turn to the left, and bring your right shoulder under the sword. Bring the sword from your shoulder to Okke Kal (Shoulder Stance) over your right shoulder, with the feeling of raising a heavy flag over your shoulder.

Chodosooe

Perform an Orun Neryo Begi (Right Downward Slash).

At the end of the slash, shift into back stance and pull the sword through. Make a long, loud Ki-yap "Yaaap!"

Wen Mori Chigi (Left Head Strike)

Step forward with the left foot and perform Wen Mori Chigi (Left Head Strike). Ki-yap "Mori!"

Orun Mori Chigi (Right Head Strike)

Step forward with the right foot and perform Orun Mori Chigi (Right Head Strike). Ki-yap "Mori!"

Olgul Makki (Head Block)

Shift into Dwi Gubi (Back Stance) and perform Olgul Makki (Head Block).

Dolgae Begi (Tornado Slash)

Turning to the back, step with the right foot.

Pivot on the right foot and perform Dolgae Begi (Tornado Slash). Ki-yap "Yap!"

Advanced Alternate

540 Dolgae Begi (Tornado Slash)

Pivot on the right foot and turn 540 degrees and perform Dolgae Begi (Tornado Slash). Ki-yap "Yap!"

Olgul Bacheo Makki (Supported Head Block)

Follow through with the previous Begi (Slash) until the sword is behind you.

Grip the sword with your right hand and place the left hand at the 1/3 point of the sword.

Step forward with the left leg. At the same time, bring the sword up into an Olgul Bacheo Makki block.

Bacheo Chirugi (Supported Thrust)

Turn the blade over in your hands so that the kal-nal is down, press down until the blade is even with your solar plexis.

Step forward with your left foot and perform a chirugi with the top 1/3 of the sword supported by your left hand. Ki-yap "Chu!"

Il-ja Makki (One Line Block)

Pull the sword back. Shift into Dwi Gubi (Back Stance) and perform Il-ja Makki (One Line Block).

Orun Neryo Begi (Right Downward Slash)

Step forward and perform Orun Neryo Begi (Right Downward Slash). Ki-yap "Yap!"

Il-ja Makki (One Line Block)

Step Forward and perform Il-ja Makki (One Line Block).

Orun Neryo Begi (Right Downward Slash)

Step forward and perform Orun Neryo Begi (Right Downward Slash). Ki-yap "Yap!"

Okke Kal (Shoulder Stance)

Turn to the left, and bring your right shoulder under the sword. Bring the sword from your shoulder to Okke Kal (Shoulder Stance) over your right shoulder, with the feeling of raising a heavy flag over your shoulder.

Il-ja Makki (One Line Block)

Look towards the rear. Shift into Dwi Gubi (Back Stance) and perform Il-ja Makki (One Line Block) to the rear.

Orun Neryo Begi (Right Downward Slash)

Step forward and perform Orun Neryo Begi (Right Downward Slash) to the front. Ki-yap "Yap!"

Il-ja Makki (One Line Block)

Step Forward and perform Il-ja Makki (One Line Block) to the rear.

Orun Neryo Begi (Right Downward Slash)

Step forward and perform Orun Neryo Begi (Right Downward Slash) to the front. Ki-yap "Yap!"

(Hide the Sword)

Step back with the right leg into a deep Dwi Gubi (Back Stance). Sweep the sword up high then back down behind you.

Advanced Alternative

Step back with the right leg into a deep "Spiderman" Stance. Sweep the sword up high then back down behind you.

Il-ja Makki (One Line Block)

Step forward with the right foot into Kuht Neun Sohgi (Walking Stance) and make a shallow Il-ja Makki (One Line Block).

Jung-myun Begi (Vertical Slash)

Shift into Front Stance and perform Jung-myun Begi (Vertical Slash). Ki-yap "Yap!"

Han-son Olgul Makki (One Handed Head Block)

Shift back into Kuht Neun Sohgi (Walking Stance) and perform Han-son Olgul Makki (One Handed Head Block) by grabbing your right wrist with your left hand.

Jung-myun Begi (Vertical Slash)

Dip your arms to the left in a parry. Shift into Front Stance, then perform Jung-myun Begi (Vertical Slash). Ki-yap "Yap!"

Okke Kal (Shoulder Stance)

Shift back into Okke Kal (Shoulder Stance) with the sword in front of the right shoulder.

Hanson Mori Chigi (One Handed Head Strike)

Step forward with the right foot and make Hanson Mori Chigi (One Handed Head Strike). As your right hand strikes out, your left hand should push behind you, then return to your Kal-jip (Sheath). Ki-yap "Mori!"

Jung-myun Olyo Begi (Upward Vertical Slash)

Stamp the ground twice with your right foot. Perform Jung-myun Olyo Begi (Upward Vertical Slash) by slashing from the front all the way to the rear, at the same time shift from Ap Gubi (Front Stance) facing the front to Ap Gubi (Front Stance) facing the rear. Ki-yap "Yap!"

(Hide the Sword)

Shift into a deep Dwi Gubi (Back Stance). Sweep the sword up high then back down behind you.

Advanced Alternative

Step back with the right leg into a deep "Spiderman" Stance. Sweep the sword up high then back down behind you.

Il-ja Makki (One Line Block)

Step forward with the right foot into Kuht Neun Sohgi (Walking Stance) and make a shallow Il-ja Makki (One Line Block).

Jung-myun Begi (Vertical Slash)

Shift into Front Stance and perform Jung-myun Begi (Vertical Slash). Ki-yap "Yap!"

Okke Kal (Shoulder Stance)

Turn to the left, and bring your right shoulder under the sword. Bring the sword from your shoulder to Okke Kal (Shoulder Stance) over your right shoulder, with the feeling of raising a heavy flag over your shoulder.

Orun Neryo Huryo Begi (Fast Step Right Diagonal Slash)

Lunge forward and perform Orun Neryo Huryo Begi (Fast Step Right Diagonal Slash). Ki-yap "Yap!"

Pande Olgul Makki (Opposite Foot, Head Block)

Immediately step back with the right foot, go into Dwi Gubi (Back Stance) and perform Pande Olgul Makki (Opposite Foot, Head Block).

Jung-myun Begi (Vertical Slash)

Shift into Front Stance and perform Jung-myun Begi (Vertical Slash). Ki-yap "Yap!"

Okke Kal (Shoulder Stance)

Shift back into Okke Kal (Shoulder Stance) with the sword in front of the right shoulder.

Orun Neryo Huryo Begi (Fast Step Right Diagonal Slash)

Lunge forward and perform Orun Neryo Huryo Begi (Fast Step Right Diagonal Slash). Ki-yap "Yap!"

Chirugi (Thrust)

Quickly follow up the previous slash. Shift into front stance and thrust to the chest. Ki-yap "Chu!"

Kkoja-kal (Sheathing the Sword)

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

Place your left hand at your side like a Kal-jip (Sheath); step back with your right 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 Kkoja-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) Ee-ship-sam Bun (#23)

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. Leading with the right foot, the Hu-do (attacker) takes 3 steps back and raises their sword overhead and in an Ap-gubi (front 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 Hori Chigi (Left Waist Strike) with a Ki-yap "Yap!"

Hu-do steps forward and blocks Momtong Bacheo Makki (Supported Middle Block), and then pushes Sun-do's sword in and up..

When Hu-do's push sends Sun-so's sword high, Hu-do transitions the block into a Hori-chigi strike which stops at the waist. The attack is finished as a Bacheo Supyung Begi with an additional step forward.

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) Ee-ship-sa Bun (#24)

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 Mori-chigi (Head Strike) with a Ki-yap (Yell) “Yap!”

D. The Defender steps forward with the left foot and blocks Orun Olgul Bacheo Makko (Right Supported High Block).

The Defender uses two hands to push the Attacker’s sword down and back until the Defender’s sword is at the Attacker’s throat.

The Defender then uses the leverage to perform Mok Bacheo Begi (Supported Throat Slash).

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.

Kum Do Sparring Techniques

Han-son Chirugi

Han-son Chirugi is a one handed thrust. Like the previous Han-son techniques, the left hand makes the thrust, while the right hand moves to your waist as a counter balance. This technique gives Chirugi extended range. However, extended range means it is easier for an opponent to block. This makes diligent practice a necessity to build up the speed needed to make this thrust effective.

Han-son Chirugi

Start from Gyo-noom-se (ready position)

Step forward with your left foot into Ap Goobi (front stance). Push your left hand out to thrust and move your right hand to your waist.

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 counter attack.

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.

Hori Chigi against Rya Kal Son-mok Mori Counter

Rya Kal (fire stance) is a very aggressive sparring stance which encourages offense over defense. However, sometimes you need to defend from this position. The two biggest openings while in Rya Kal are the left wrist and waist, this sparring tactic teaches you to defend the waist. The initial counter Son-mok Chigi (wrist strike) can be aimed either at the wrist or opponent's sword. It is more important to stop the attack than get a point.

The defender starts in Rya Kal (fire stance), while the attacker is in Gyo-noom-se (ready stance) at one strike distance.

The attacker makes a Wen Hori Chigi (left waist strike).

The defender quickly steps back and switches feet, at the same time strike Son-mok Chigi (wrist strike), aiming either for the wrist or sword.

Using Pparin stepping, the defender quickly follows up the Son-mok Chigi (wrist strike) with a Mori Chigi (head strike) counter.

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 Question

The Black Belt Oath

I will develop myself in a positive manner and
avoid anything that would degrade my Mireu Martial Arts
Black Belt member's honor.

I will develop self-discipline
in order to bring out the best in myself and others as an
ambassador of Mireu Martial Arts.

I will help Masters and Instructors through diligently assisting in
teaching fellow Mireu Martial Arts students.

I will attend Black Belt Club classes to maintain myself through
high levels of mental and physical training for the Black Belt excellency.

By submitting this oath, I devote myself
to become the most diligent and faithful member of
Mireu Martial Arts.

This ____th day of _____ in the year of _____.

Print your full name

Signature

Kum Do Terminology

Ah-pe-bogo	Turn to Face the Judges
Bae Sim	Jury/Judges Table
Boo Sim	Judge
Charyot	Attention
Chung	Blue (Competitor/Corner)
Chung-gi	Blue Flag
Gae Shi	Time Keeper
Gam Jeom	Penalty/Deduction of Point
Geou Mahn	Stop (Finish)
Gye-sok	Resume/Continue
Hanson Chirugi	One Handed Thrust
Hong	Red (Competitor/Corner)
Hong-gi	Red Flag
Joo Sim	Referee
Joon Bi	Ready
Kal-ryo	Pause/Break
Ki Rohk	Recorder
Kyung-nye	Bow
Mah-joo-bogo	Turn to Face Competitors
Seung	Winner (Declare Victory)
Shi Gahn	Time (Stop)
Shim-pahn-gi	Judging Flag

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.

Forms

Wae Gum #4 Chunryu Ryu

Step Sparring

Dan-kum (Short Sword) Sam Bun (#3)

Sparring Techniques

Han-son Chirugi

Sparring Tactics

Hori Chigi against Rya Kal Son-mok Mori Counter

Questions

The Black Belt Oath