

# **Kumdo: Orange High 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 an orange high 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

Wen/Orun Pande Neryo Begi (Left/Right Opposite Diagonal Slash)

Il-ja Makki (One Line Block)

### Forms

Bon Kuk Kum Bup Sam Jang (Bon Kuk Kum Bup Part 3)

### Step Sparring

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

### Sparring Techniques

Jak-eun Mori Chigi (Small Head Strike)

Jak-eun Son-mok Chigi (Small Wrist Strike)

Jak-eun Hori Chigi (Small Waist Strike)

### Sparring Tactics

Son-mok chigi with Mori-chigi Counter Attack (Wrist Strike with Head Strike Counter Attack)

### Questions

Tenets of Martial Arts

Children's Home Rules

# History of Kum Do

The Korean Flag

# The Rules of Do Jang

1. Bow to the flags upon entering and exiting the Do Jang.
2. When entering the Do Jang, bow to instructors and all senior belts.
3. Turn away from the flags and all senior belts when adjusting your belt or Dobok.
4. Bow before and after addressing a senior belt.
5. Do NOT bow to a senior belt or Master if he or she is practicing or instructing others, unless definite eye contact has been established.
6. Dobok is not to be worn shopping, to school for play, etc. It is only to be worn for class and demonstrations.
7. Do not chew gum or eat candy in the Dojang.
8. Do not wear shoes on Dojang floor.
9. No profanity will be used in the Dojang.
10. No jewelry will be worn during class.
11. No horse play in the Dojang.
12. Students should behave in a disciplined manner while training.
13. Keep your Dobok and your sparring gear, body, hair, and teeth clean at all times. Everyone over 10 years of age should wear deodorant to class.
14. Remember that you are a martial artist in and out of the Dojang. Treat others with respect and never misuse your art.

## Wen Orun Pande Neryo Begi (Left Right Downward Slash)

Pande Neryo Begi is a downward diagonal slash. Wen Neryo Begi cuts from left to right, and Orun Neryo Begi cuts from right to left. **However**, in Pande Neryo Begi is different from Pparun, because the opposite foot steps forward into Ap-gubi stance. Begi are performed in only 3 and 2 counts, 2 count combining the first and second motions together.

## Wen Pande Neryo Begi (Left Downward Slash)

Starting from Gyo-noom-se.



Raise the sword overhead just like in Wen or Orun Mori-chigi.



Step forward into Ap-gubi stance using the opposite foot from where you are slashing. Swing the sword diagonally, turn your waist to make the cut. Finish the cut with your head over your shoulder and the sword pointed down. Make the traditional Ki-yap "Yap!"



Step Back into the Gyo-noom-se position.



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Step Back into the Gyo-noom-se position.

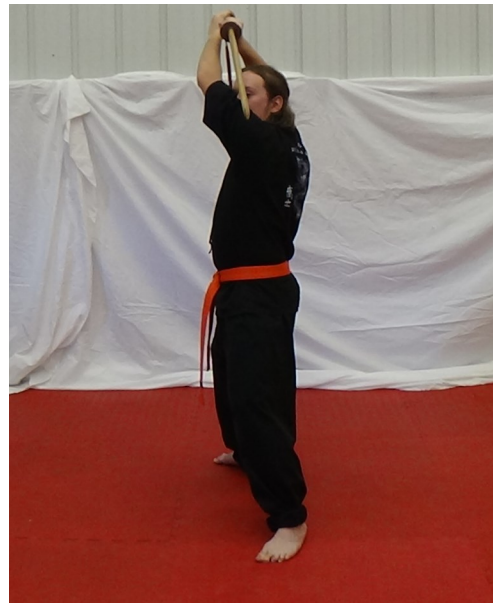


# Mok Kum Eung-yong

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.

## Il-ja Makki (One Line Block)

Il-ja Makki is a block defending against attacks to your head or upper body from the side and can be performed from the left or right side. Il-ja Makki starts in Gyo-noom-se (ready position), step back with our left foot and make Dwi-gubi (back stance). Raise the sword with your hands above and, if possible, slightly behind your head. The tip (Kal-kut) should be pointing straight forward, the sword should be angled slightly down.



## Il-ja Makko Wen Orun Pande Neryo Begi

Il-ja makko Wen Orun Pande Neryo Begi is done in four directions with two blocks and two attacks with each direction. To clarify directions we will use cardinal directions for facing.

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



Step forward with the left foot and perform Orun Pande Neryo Begi attack.



Step forward with the right foot and perform a Wen Pande Neryo Begi attack.



Step back with the left foot and block Wen Il-ja makki.



Step backward with the right foot and block Orun Il-ja makki.



Turn to the left 180° to face the rear and block Orun Il-ja makki.





Step forward with the right foot and perform a Wen Pande Neryo Begi attack.



Step forward with the left foot and perform an Orun Pande Neryo Begi attack.



Step forward with the right foot and perform a Wen Pande Neryo Begi attack.



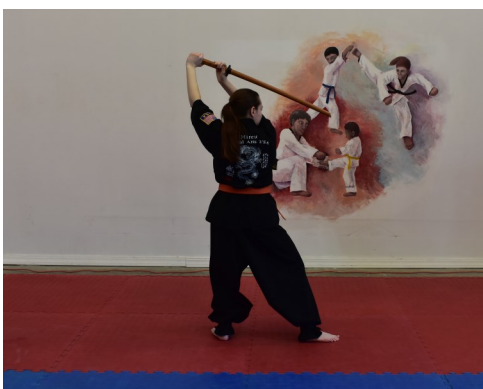
Step back with the left foot and block Wen Il-ja makki.



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



Step back with the left foot and block Wen Il-ja makki.



Step forward with the left foot and perform an Orun Pande Neryo Begi attack.



Step forward with the left foot and perform an Orun Pande Neryo Begi attack.

Turn to the right 180° to face the right and block Wen Il-ja makko.



Step backward with the right foot and block Orun Il-ja makko.



Step forward with the right foot and perform a Wen Pande Neryo Begi attack.



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



# Kum Do Tul (Forms)

## Bon Kuk Kum Bup Sam Jang (Bon Kuk Kum Bup Part 3)

Bon Kuk Kum Bup Sam Jang is the third part of the larger Bon Kuk Kum Bup form originating from the Muye Dobo Tongji (Illustrated manual of Martial Arts). The nine principle movements of Bon Kuk Kum Bup Sam Jang consist of 5 Begi and 1 Chirugi. This form introduces directional changes and emphasizes Slashes. Students should focus on creating precise angles with each Begi.



## Chang Kal.

Start by standing at attention and equipping the sword.



Gyo-noom-se. (Ready Position)

After completing the slash, raise the sword over your head and return Gyo-noom-se (Ready Position).



## Bboba Kal, Hanson Supyung Begi. (Drawing Horizontal Slash)

Turn the sword at your belt so that the sharp side is facing away from your body. Draw the sword forward straight and smoothly from the sheath. Once the sword is free of the sheath, make a one handed horizontal slash. As your hands make the slash, your right foot should step forward into Ap-gubi (Front Stance) and Ki-yap "Yap!"



**Jwa-hyup- su-du-se.** "Insert Beast's Head Under Left Arm."

Raise your right leg and go into guard stance with the sword over your left shoulder.



**Hyang-wu-bang-jeok-se.** "Turn Right, Block the Thief."

Also called Uwe-ryak (Defensive Movement). Turn 180 degrees to face the front by stepping down with the right foot, pivoting and lifting the left foot once facing front. As you turn, swing the sword horizontally, this will look like a strike, but it is a block.



**Hu-il-kyuk-se.** "Rear Single Strike Posture."

Step down with the left foot, then attack Son-mok Chigi (Wrist Strike) and step with the right foot.

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 throat, Ki-yap "Mok!"



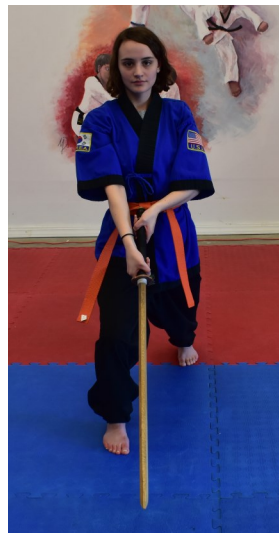
**Jeon-gi-se.** "Spread the Flag."

Bend your knees and turn to the right, you will finish facing the rear. As you turn, your sword should be swung low as if you are cutting tall grass. At the end of your turn, raise your right leg and bring the sword up into an Olgul Makki (Head Block) with your hands on your right side.



**Jin-jeon-gyuk-jeok-se.** "Lunge and Kill Posture."

Step down with your right leg and slash Jung-myun Begi (Verticle Slash).



**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.



**Jwa-yo-gyuk-se.** "Left Waist Attack."

Point the sword and your knee to the left. Step and face to the right with the left foot, as you do, thrust forward with your sword and follow it in a circle to the left above your head. Complete the next step with the right foot and go into Ap-gubi (Front Stance) and perform Orun Neryo Begi (Right Diagonal Slash).



**Wu-yo-gyuk-se.** "Right Waist Attack."

Follow the Orun Neryo Begi (Right Diagonal Slash)'s trajectory and turn 180 degrees to the left so that you are facing the left. Raise your left leg and continue the sword's trajectory and bring it over your left shoulder. Step with the left foot, followed by the right while swinging the sword in a circle over your head from left to right. Step with the left foot into Ap-gubi (Front Stance) and slash Wen Neryo begi (Left Diagonal Slash).



**Kyo-yu-gi Suh-gi.** (Tiger Stance)

Pivot 180 degrees to face the left, your right foot forward in Kyo-yu-gi Suh-gi (Tiger Stance); keep the sword pointed downwards.



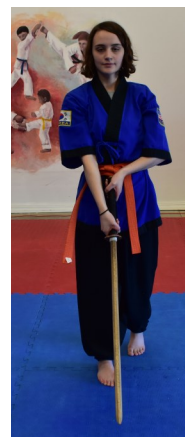
**Hu-il-ja-se.** "Rear Single Thrust."

Raise your right leg and raise your sword over your right shoulder. Point the sword and your knee to your right facing the front. Step to the rear with your right foot and stab for the throat, ki-yap "Mok!"



**Jang-gyo-boon-su-se** "Long Dragon Spouts Water."

Pull the sword back from the Mok Chirigi (Throat Thrust), pivot 180 degrees facing the rear, bring the sword all the way to your back. Step forward with your right foot and attack Hu-ri-gi (Stretching Strike) with the feeling of your sword erupting like water from a fountain.



Dwi-ro Dora. (Turn Around)

Return to Gyo-noom-se (Ready Position). Raise the sword over your head. Step back with your right foot and turn 180 degrees to your right facing the rear. Return again to Gyo-noom-se (Ready Position).



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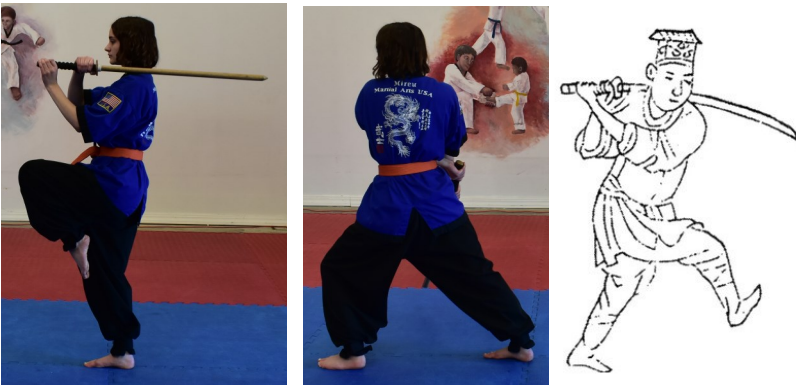


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**Dwi-ro Dora.** (Turn Around)

Return to Gyo-noom-se (Ready Position). Raise the sword over your head. Step back with your right foot and turn 180 degrees to your right facing the front. Return to Gyo-noom-se (Ready Position).



## Kkoja-kal. (Put Away Sword)

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.

Raise the sword over your head and spin the sword counter clockwise like a helicopter. As the sword spins, bring it across your body and let 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) and slide the sword into the sheath, while doing so slide your right foot and shift your weight backwards. The sheath should be pulled out and meet the sword half way just like a normal Koja-kal (Put Away).

Finally, stand upright and move your right hand to the tip of the Son-jab-yi (Handle) 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) Chil Bun (#7)**

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 bring their swords into Shiyo Kal position, then step back right foot first.

A. Sun-do takes 3 steps back and maintains Shiyo Kal.

D. Hu-do takes 2 steps back and maintains Shiyo Kal.

Both participants step forwards 2 steps and slowly raise the swords over their heads and return to Gyo-noom-se.

A. Immediately after reaching Gyo-noom-se stance, Sun-do takes a third step forward and attacks Chirugi toward the chest with a Ki-yap "Yap!"

D. Hu-do deflects Sun-do's sword to the left, Hu-do pushes with the top third of their sword against the base of Sun-do's sword, if necessary, the Hu-do may step back.

After successfully deflecting Sun-do's attack, Hu-do performs Chirugi to the Sun-do's throat and Ki-yaps "Chu!"

Hu-do follows up by raising their sword over their head, step in close to their opponent and Ki-yap "Yap!"

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 (right foot, then left), 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) Pahl Bun (#8)**

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 bring their swords into Shiyo Kal position, then step back right foot first.

A. Sun-do takes 3 steps back and maintains Shiyo Kal.

D. Hu-do takes 2 steps back and maintains Shiyo Kal.

Both participants step forwards 2 steps and slowly raise the swords over their heads and return to Gyo-noom-se.

A. Immediately after reaching Gyo-noom-se stance, Sun-do takes a third step forward and attacks Chirugi (Thrust) toward the chest with a Ki-yap "Yap!"

D. Hu-do side steps to the left to avoid the Chirugi (Thrust).

After successfully dodging Sun-do's attack, Hu-do steps forward and performs Chirugi to the Sun-do's throat and Ki-yaps "Chu!"

Hu-do follows up by raising their sword over their head, step in close to their opponent and Ki-yap "Yap!"

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° down like Shiyo Kal.

Both Students take two steps back (right foot, then left), and return to Gyo-noom-se.

Both students Kkoja-kal at the same time.

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# Kum Do Sparring Techniques

## Ta-gyuk Bu-wee (Target zones)

In real battlefield situations, strikes on any part of the opponent's body is available. However, in sports there are limited vital target zones. These are the same target zones that are the most vital in a real combat situation. Therefore, students must be able to perform hands on training and target practice for successful application to real sword techniques. In all sparring strikes, use the portion of the Juk-do between the tip and the one-third point marked on the Juk-do.

### Jung-myun Mori

Strike with midpoint of the opponent's head with the Juk-do.



### Orun-myun Mori

Strike the left side of the opponent's head with the Juk-do.



### Wen-myun Mori

Strike the right side of the opponent's head with the Juk-do.



### Orun Son-mok

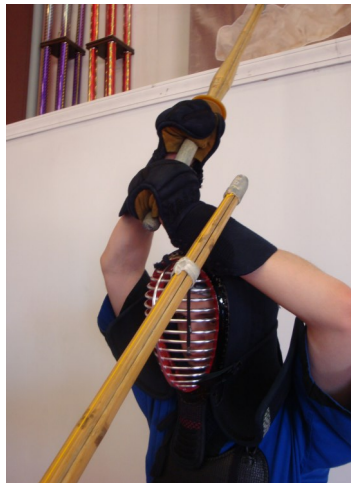
When the opponent holds the Juk-do low, strike the right wrist with the Juk-do.





## Wen Son-mok

When the opponent holds the Juk-do high, strike the left wrist with the Juk-do.



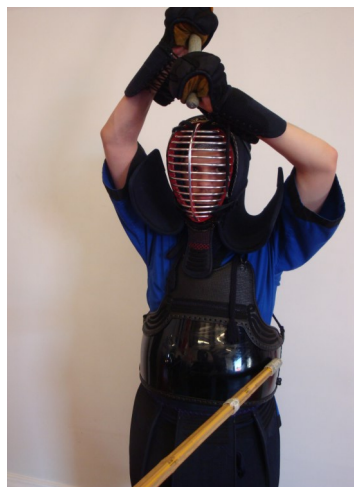
## Wen-myun Hori

When the opponent holds the Juk-do high, strike the left side area, follow through with the strike across the Gap and run past the opponent.



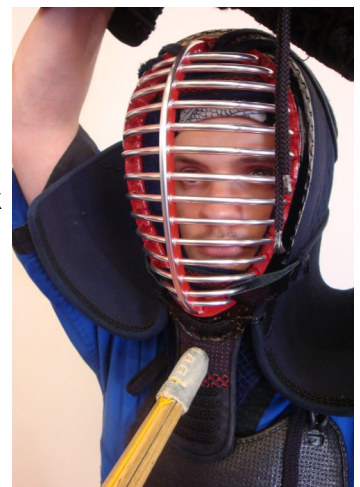
## Orun-myun Hori

When the opponent holds the Juk-do high, strike the right side area, follow through with the strike across the Gap.



## Mok Chiregi

A straight thrust to the opponent's throat with the Juk-do.



## Ga-sum Chiregi

A straight thrust to the opponent's chest with the Juk-do.



# 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.

## Son-mok chigi with Mori-chigi Counter Attack (Wrist Strike with Head Strike Counter Attack)

Mori-chigi (Head Strike) counter attack against a Son-mok chigi (Wrist Strike) is the first counter learned against a Son-mok chigi (Wrist Strike). This tactic emphasizes fast reactions and counter speed; the defender needs to counter attack quickly before the attacker can regroup.

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

The Attacker makes a Jak-eun Son-mok (Small Wrist Strike).



The defender counter attacks with Jak-eun Mori Chigi (Small Head Strike) using a Pparun Mori Chigi (Rapid Head Strike) step. The defender needs to lift their arms and step back quickly to avoid being struck.



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



# Kum Do Questions

## Tenets of Martial Arts

Courtesy (Ye-Ui)

Integrity (Yom-Chi)

Perseverance (In-Nae)

Self-Control (Guk-Gi)

Indomitable Spirit (Baekjul-Bool Gool)

## Kum Do Terminology

**Il-ja Makki**

**One Line Block**

**Orun Pande Neryo Begi**

**Right Opposite Diagonal Slash**

**Wen Pande Neryo Begi**

**Left Opposite Diagonal Slash**

# 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

Wen/Orun Pande Neryo Begi (Left/Right Opposite Diagonal Slash)

Il-ja Makki (One Line Block)

## Forms

Bon Kuk Kum Bup Sam Jang (Bon Kuk Kum Bup Part 3)

## Step Sparring

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