

# **Kumdo: Green High Belt Manual**

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

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

## Basic Techniques

Pande Sup-yeung Begi

Mom-tong Bacheo Makki

## Forms

Bon Kuk Kum Bup Jong-hop

## Step Sparring

Jang-kum Yuk Bun (Long Sword #6)

## Sparring Techniques

Meo Mori Chigi

Meo Son-mok Chigi

Meo Hori Chigi

## Sparring Tactics

Interrupting Mori Chigi

## Questions

What is Bon Kuk Kum Bup?

# Kum Do Manual: History

## History of Kum Do

### Bon-Kuk-Kum-Bup

Bon-kuk-kum-bup is the sword art created in the Shilla, or Shin-ra dynasty; and is also sometimes called Shin-kum. Bon-kuk-kum-bup is one of the twenty-four military methods described in the Muye-dobo-tongji and is the oldest recorded art of swordsmanship in Asian countries, including China and Japan.

This sword method was preserved in China, after it was no longer practiced in Korea. It was the Chinese that gave it the name Bon-kuk-kum-bup, which means "The origin of the art of fencing in the motherland." Bon-kuk-kum-bup was perfected by Hwang Chang, who was a member of Shilla's warrior caste called the Hwa-rang. The tale of Hwang Chang and the Sword Dance is told in the Dong-kuk-yeo-ji-sung-ram, an ancient Chinese history:

"Hwang-Chang is Shin-Ra folk. He started the sword dancing at the age of 7 to become one of the loyal sword dancers of Baek-Jae Dynasty (the rival country of Shin-Ra). His perfection of the sword dance was praised by people all over Baek-Jae. One day, the Baek-Jae king called Hwang-Chang to dance for him. By the heaven's chance, Hwang-Chang could successfully assassinate him. He was also killed by the angry Baek-Jae folks. Later, for remembering Hwang-Chang's patriotic dedication towards Shin-Ra, Shin-Ra folks made masks resembling his face and danced with them on."\*

The Hwa-rang were known for their dedication to their country, physical and mental training, and their honor as warriors. It is theorized the tenants and sword dances of the Hwa-rang were an influence on Japanese warrior culture. Bon-kuk-kum-bup consists of thirty-three movements. There are twelve Chigi (Strike) movements, twelve Begi (Slash) movements, and nine Chirugi (Thrust) movements.

\*Grandmaster Tae Eun Ha

## Concept of Kum Do Jang

The meaning of Do Jang, is a place to practice martial arts. Do Jang is more than just a building, it is a place which is honored and has been held as sacred throughout history. The traditions of Do Jang have developed into rules and etiquette which must be followed to insure proper respect and to maintain safety within the Do Jang. The respect and discipline learned in the Do Jang becomes a part of a person, which extends to everyday life outside of the Do Jang. Through this, martial art practitioners grow as people exhibiting respect and harmony with those around them, this is the concept of Do Jang

Specifically, Kum Do Jang is a place to practice Kum Do. A Do Jang can practice many martial arts, but Kum Do Jang is designed to primarily practice Kum Do. Traditionally, the practice of Kum Do is a road upon which someone can self-actualize and perfect oneself as a sacred being. Because of this spiritual goal, it was traditional for higher belt students to sit and practice on higher ground to be closer to the heavens and ceremonies. The nature of Kum Do has changed since ancient times, it is no longer practiced to praise gods, but to develop oneself as a person and to learn self-defense. This is the purpose of Kum Do Jang: as a place to grow and self-actualize as a person and to learn skills to protect oneself and others.

## How to equip my Hogu properly

### Myun-su-gun (Head towel).

Hold two corners and pull the Myun-su-gun over your head until just behind the curve on the back of your head.

Fold the ends to the front, then pass the ends to the opposite hand.

Fold one end to the opposite side and tuck it into the fold near your ear.

The other end wraps over the first and tucking the end into the fold created.

Pull the loose ends in front of your face up to cover your forehead.

\*Make sure each wrap is tight on the head.

Pull the parts on the face over the head to finish.

### Equipping the Gap-sang (Lower Body Armor).

Place the Gap-san on your abdomen and waist.

Wrap the belt around your waist, crossing in the back and coming to the front.

Tie the belt under the Myung-pe (Name Plate) using a bow or shoe string knot.

## Equipping the Gap (Upper Body Armor).

Place the Gap on your chest, the bottom of the Gap should fold over the top of the Gapsang slightly

Cross the upper strings across your back and tie them at the shoulders one at a time.

### The Shoulder Knot:

Pull the string through the leather loop.

Create a loop with the string around the leather loop.

Pull a second loop of string through the first and pull it tight around the second loop creating a "half bow".

Loosely tie the lower strings in the back using a bow or shoe string knot.

## Equipping the Ho-myun (Head protecting helm).

Straighten and organize the Ho-myun's strings, hold the strings and sides of the Ho-myun together.

Place the Ho-myun on your head, start with your chin, then pull the rest of the Ho-myun on.

Pull the strings tight. Tie the strings behind your head using a bow or shoe string knot. Make the knot just below the curve on the back of your head. The bow and strings should all be equal length.

## Equipping the Ho-wan (Hand/wrist protecting gauntlets).

Always grasp Ho-wan by the fist area, not the wrist and strings.

Put the left Ho-wan on first.

Put the right Ho-wan on second.

# Kum Do Mok Kum Techniques

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

Pande Su-pyung Begi is a horizontal slash. Wen Su-pyung Begi cuts from left to right, and Orun Su-pyung Begi cuts from right to left. **However**, in Pande Su-pyung 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.

First Motion. Starting from Gyo-noom-se, move your sword to the side horizontally to set up the slash.

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

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 Bacheo Makko Wen Orun Pande Su-pyung Begi**

Momtong Bacheo Makko Wen Orun Pande Su-pyung 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 Wen Momtong Bacheo makki.

Step forward with the left foot and perform Orun Pande Su-pyung Begi attack.

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

Step forward with the right foot and perform a Wen Pande Su-pyung Begi attack.

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

Step forward with the right foot and perform a Wen Pande Su-pyung Begi attack.

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

Step forward with the left foot and perform an Orun Pande Su-pyung Begi attack.

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

Step forward with the right foot and perform a Wen Pande Su-pyung Begi attack.



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

Step forward with the left foot and perform an Orun Pande Su-pyung Begi attack.

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

Step forward with the left foot and perform an Orun Pande Su-pyung Begi attack.

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

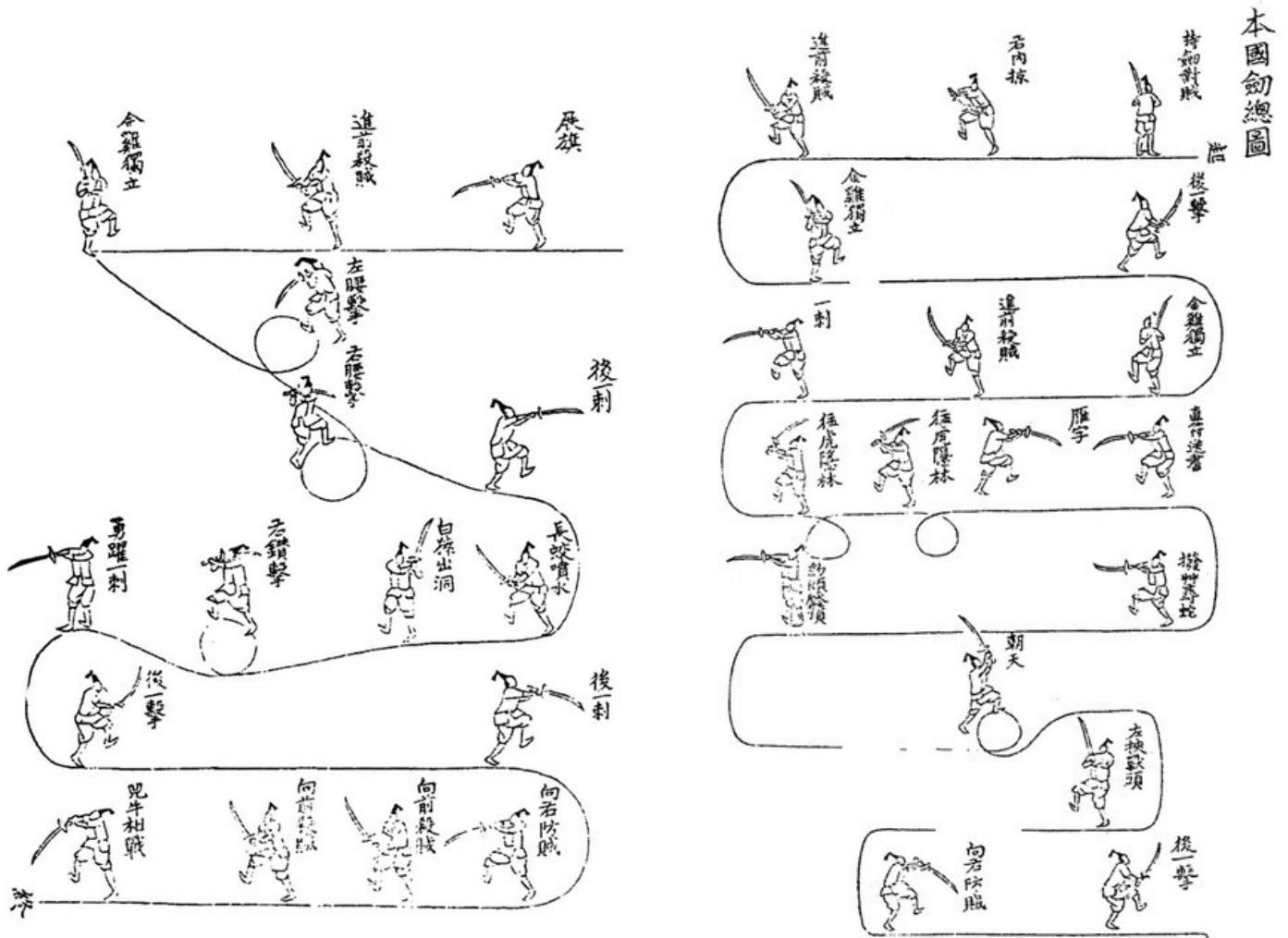
Step forward with the right foot and perform a Wen Pande Su-pyung Begi attack.

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

# Kum Do Tul (Forms)

## Bon Kuk Kum Bup Jung Hop (Bon Kuk Kum Bup Combination)

Bon Kuk Kum Bup Jung Hop takes the previous 4 forms and combines them together as a complete whole. Students must demonstrate seamless transition between forms and show their advanced skill in the previous forms. The concepts of pacing and timing are introduced in Bon Kuk Kum Bup Jung Hop. In addition to higher expectations, there are some minor changes to the form, in particular at the beginning and end.



## Chang Kal (Ready 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).

## 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 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!”.



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!”



### 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.



Step forward with your raised left foot and raise your sword for a Mori-chigi (Head Strike). Step forward with your right foot and strike Mori-chigi, Ki-yap “Mori!”



## 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.



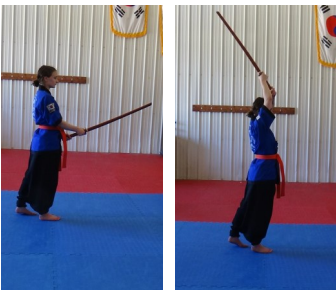
At the end of the right spin block bend your knees to crouch so that your legs cross. At the same time, as you complete the spin, cradle the sword in the crook of your arm, so that the sharp side is up and the sword is aimed forward.



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!”



## 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.

**Meng-ho-eun-rim-se.** "Wild Tiger Hides in the Forest."



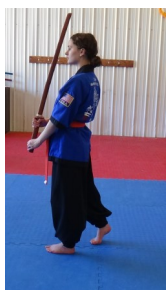
Give a long and strong Ki-yap "Yaaaap!". As you Ki-yap, bring the sword up to a vertical guard stance with the sword covering the middle of your body.



Keeping your hands and sword in a guard stance, step backwards with your right foot and turn right so that you are facing the rear.

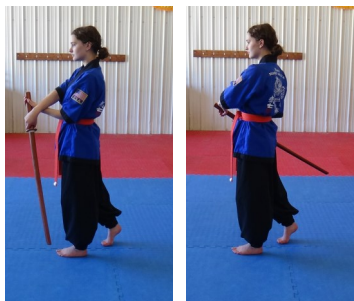


Still keeping your hands and sword in a guard stance, step forwards with your left foot and turn right so that you are facing the front.



Still keep your hands and sword in a guard stance, turn again; but this time, do not step, just pivot to the left so that you are facing the rear.

**Jik-bu-song-seo-se.** "Jik-bu (title of a combat messenger) sends the scroll."



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



Bend your knees to crouch, your legs should be open and your back straight. As you finish your right spin block, cradle the sword in the crook of your arm, aiming it 45 degrees to your left.



Step 45 degrees and forward with your left foot and turn so that you are facing diagonally. Thrust with your sword aiming for your opponent's chest and Ki-yap "Wen Ga-soom!" (left lung strike)



Pivot on our right foot and turn 270 degrees so that you are facing diagonally. Step forward with the left foot and thrust towards your opponent's chest and Ki-yap "Orun Ga-soom!" (right lung strike)

**Bal-cho-sim sa-se.** "Part the Grass, Search for the Snake."



Bring your left foot back and put your feet together as you turn 45 degrees to your left so that you face the front again and raise your sword over your head for a slash.



Go into an Ap-goobi (Front Stance) by stepping forward with the right foot and slash Wen Neryo Begi (Left Downward Slash)

## Cleanse the Blade.



Spin the sword clockwise (backwards to forwards) on your right side and bring the sword and your right foot back to a Gyo-noom-se position.

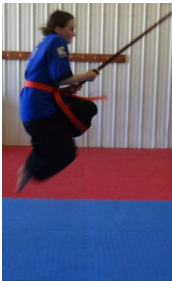
### **Pyo-du-ap-jung-se.** “Press the Leopard’s Forehead.”



Walking forward, step with your left foot and hold the sword loosely in your hands, spin the sword blocking to your left.



Continue walking forward stepping with your right foot and continue to spin block to your right side.



Using your right foot to launch with, jump up and forwards kicking your legs up underneath you.



Land with your right foot forward in an Ap-goobi (front) stance. Thrust upwards, Ki-yap “Injun” and aim for the head.

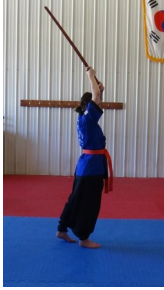


Gyo-noom-se (Ready Position).



Return to Gyo-noom-se (Ready Position).

Dwi-ro Dora (Turn Around).



Raise the sword over your head. Step back with your right foot and turn 180 degrees to your right facing the rear.

Gyo-noom-se (Ready Position).



Return to Gyo-noom-se (Ready Position).

**Jo-chon-se.** "Rising Sky (Early Sky)."



Step forward with the left foot and bend your legs to crouch low.

Bring your right foot forward, stand up, and raise your leg. At the same time raise the sword over your head and give a long and loud ki-yap "Yap!" and hold.



Gyo-noom-se (Ready Position).



Keeping the sword high and step back with your right foot and turn 180 degrees to the right facing the front. Lower the sword and return to Gyo-noom-se (Ready Position).

**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.



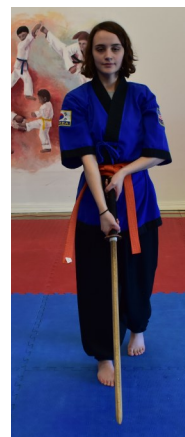
**Hu-il-ja-se.** "Rear Single Thrust."

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.



**Baek-won-chul-dong-se.** “White Ape Emerges from the Cave”.

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



**Wu-chan-gyuk-se.** “Right Needle Attack”.

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



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

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



**Hu-il-kyuk-se.** “Rear Single Strike”.

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

Hu-il-ja-se.

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

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

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

Pande Gyo-noom-se

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

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

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



**Hyang-jeon-sal-jeok-se.** "Face Front and Kill the Enemy."

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

**Hyang-jeon-sal-jeok-se.** "Face Front and Kill the Enemy."

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

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

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



Kkoja-kal.

Place your left hand at your side like a scabbard and raise your sword like a single handed Olgul Makki (High Block). Unlike previous forms, remain in Ap-gubi (Front Stance) and flick the sword down.

Raise the sword up so that it is about head level and parallel to the ground. Move your thumb so that it is no longer around the Son-jab-yi (Handle).

“Drop” the sword, letting it turn in your hand; then quickly catch the sword so that you have a reverse grip. Whip the sword down and to the Kal-jip (Scabbard), let the Kal-deung (Sword Spine) come to rest on your Kal-jip (Scabbard). Slide the sword down and forward until the tip finds the entrance.

Once the sword is in position, slide the sword into the sheath, while doing so slide your left foot back and shift your weight forward. The sheath should be pulled out and meet the sword half way just like a normal Kkoja-kal.

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) Ship-il Bun (#11)**

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 Are-Kal (Low Sword) position, then step back right foot first.

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

D. Hu-do takes 3 steps back and goes into Yupi-kal (side sword) stance.

Both participants step forwards 2 steps.

Sun-do takes a third step forward and attacks Mori-chigi with a Ki-yap "Yap!"

Hu-do pivots on their back foot, turning to the right and attack with a partial Wen Su-pyung Begi, stopping just short of the Sun-do's waist.

Sun-do keeps the sword raised and takes 3 steps back, quickly!

Hu-do switches feet so that the right foot is forward and attacks Orun Neryo Begi.

Sun-do lowers the sword to Gyo-noom-se position. 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, and return to Gyo-noom-se.

Both students Kkoja-kal at the same time.

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

### **Jang-kum (Long Sword) Ship-ee Bun (#12)**

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 Are-Kal (Low Sword) position, then step back right foot first.

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

D. Hu-do takes 2 steps back and stays in Are-Kal (Low Sword).

Both participants step forwards 2 steps.

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

D. Hu-do blocks with Pande Olgul-makki.

A. Sun-do retreats at least three steps quickly and goes into Rya Kal.

D. Hu-do attacks with Orun Neryo Begi.

A. Sun-do advances with sword raised and stops just before reaching Hu-do.

D. Hu-do follows through with Orun Neryo Begi and turns so that your back is facing Sun-do, spinning the sword. Step back and perform Dwi Chirugi (back thrust).

Hu-do keeps the sword level as they turn back around, showing control and proper technique. Hu-do and Sun-do then step back to Gyo-noom-se position.

After both practitioners have finished, they must end the exercise. Both Students lower their swords pointed 45<sup>0</sup> down like Shiyo Kal.

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

Both students Kkoja-kal at the same time.

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

# Kum Do Sparring 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.

## Interrupting Mori Chigi

Interrupting Mori Chigi introduces the necessity of reading an opponent's intentions. Everyone shows "tells" when sparring, sometimes it is a widening of the eyes, a shift in weight, movement of the feet. These signify when someone is planning on making an attack. If the signs are seen, it is possible to attack first, thereby interrupting the opponents attack. Performing a proper Interrupting strike takes considerable experience, students are not expected to perfect this technique at this level. Instead, students are exposed to the concept and begin to practice it, so that they are capable of performing it at higher levels.

Start in Gyo-noom-se.

The Attacker prepares to make a Mori Chigi strike.

The Defender makes a Jak-eun Mori Chigi strike before the Attacker begins the Mori Chigi strike.

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

## Kum Do Questions

What is Bon-kuk-kum-bup?

Bon-kuk-kum-bup is the sword art created in the Shilla, or Shin-ra dynasty; and is also sometimes called Shin-kum. Bon-kuk-kum-bup is one of the twenty-four military methods described in the Muye-dobo-tongji and is the oldest recorded art of swordsmanship in Asian countries, including China and Japan. This sword method was preserved in China, after it was no longer practiced in Korea. It was the Chinese that gave it the name Bon-kuk-kum-bup, which means "The origin of the art of fencing in the motherland." Bon-kuk-kum-bup was perfected by Hwang Chang, who was a member of Shilla's warrior caste called the Hwa-rang. The Hwa-rang were known for their dedication to their country, physical and mental training, and their honor as warriors. It is theorized the tenants and sword dances of the Hwa-rang were an influence on Japanese warrior culture. Bon-kuk-kum-bup consists of thirty-three movements. There are twelve Chigi (Strike) movements, twelve Begi (Slash) movements, and nine Chirugi (Thrust) movements.

## Kum Do Terminology

**Orun Pande Su-pyung Be-gi Right Opposite Horizontal Slash**

**Wen Pande Su-pyung Be-gi Left Opposite Horizontal 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

Pande Sup-yeung Begi

Mom-tong Bacheo Makki

## Forms

Bon Kuk Kum Bup Jong-hop

## Step Sparring

Jang-kum Yuk Bun (Long Sword #6)

## Sparring Techniques

Meo Mori Chigi

Meo Son-mok Chigi

Meo Hori Chigi

## Sparring Tactics

Interrupting Mori Chigi

## Questions

What is Bon Kuk Kum Bup?

