

Kumdo: Orange 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 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 Pparin Neryo Begi (Left Right Diagonal Slash)

Forms

Bun Kuk Kum Bup Ee Jang

Step Sparring

Long Sword #2

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

Mori Chigi (Head Strike) attack, Hori Chigi (Waist Strike) counter

Questions

What are the parts of the Juk-do?

Children's Home Rules

History of Kum Do

History of Mireu Kum Do

Kum Do Essentials: Kum Do Etiquette (Do Jang Sam Rye)

Etiquette towards Instructors

One can only achieve physical and mental discipline through respecting and obeying one's teachers. Practicing Kum Do with proper respect and discipline allows a student to grow and reach their full potential. In Korea, there is the "Hyo" spirit and has subtly different meanings depending on what it is applied to. "Chung" is part of the Hyo spirit when it is applied to a nation, if it is applied to a friend it becomes "Trust". If Hyo is applied to an instructor, it becomes "Respect". It is essential to make the Hyo spirit a central aspect of life. You should bow to instructors when addressing an instructor and when entering the school (except if the instructor is teaching, wait until they make eye contact, then bow).



Etiquette toward Flags

"Chung" means respect to one's nation and is expressed as pride, patriotism and loyalty. We show that respect by performing proper etiquette to the flags. It is proper to bow to the flags when entering and exiting the school and at the beginning and end of class.

Etiquette towards Colleagues

The Hyo spirit of Trust is essential when practicing Kum Do. Sword practice can be very dangerous if done recklessly, students must trust each other when they practice with a partner. Strict etiquette helps prevent excessive force against each other during practice. You should bow to higher belt students when entering the school and nod to lower belt students.

Etiquette towards Do Jang (School)

A martial art Do Jang (school) is a special place and students should take pride in their school. The Do Jang is like home, and the other students and instructors are family. Just like home, one should keep the Do Jang clean and orderly. If you use equipment, put it back where it belongs; if the Do Jang is dirty, help clean and sweep the school. Bow to the flags when entering and exiting the Do Jang floor.

Kal (sword) handling etiquette

Kal (the sword) is a weapon, all weapons can be very dangerous. Because of this Kal must be handled properly at all times. Wooden swords (Mok Kum) and bamboo swords (Juk Do) are to be treated as if they were real swords at all times. The sword should never be dropped, thrown, stepped over or leaned on like a cane.

When giving or accepting a sword from another person, proper etiquette must be observed; this is for safety just as much as it is for tradition. The person giving Kal holds the sword with two hands, the left hand holding just below the hilt and the right hand holding the middle of the wooden or bamboo sword; the "sharp" side of the sword should be faced towards the giver. The person accepting Kal should also use two hands to take the sword. The giver should say "Dan-gear" when ready to hand over the sword, and the receiver should also say "Dan-gear" upon receiving it.

One should never touch another person's kal without permission, it is disrespectful and potentially dangerous. When outside of the Do Jang (school), hold the Kal in your right hand. This is a symbol of passivity, showing that you have no intention of using the sword.

Ip-rye (Standing Bow without Sword)

Ip-rye is bowing etiquette while standing. When bowing without a sword, it is proper to bow 90 degrees towards Kwang-jang-nim (Founder/Owner), 45 degrees to seniors (higher ranking students) and when entering the Do-jang (school), and to nod towards fellow students (students of your rank and lower). When bowing in our school Ki-yap "Dan-gear".

Ip-rye (Standing Bow with Sword)

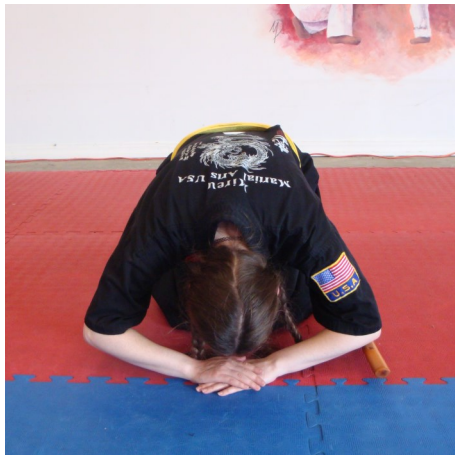
Hold the sword at your side. When given the command "Cha-ryo-kal", bring the sword up in front of you. Hold the sword with the sharp side to the left. Put your left hand underneath the cross guard and putting the right hand one third the way down the blade. When given the command "Kyung-rye", flip the sword so that the sharp side is facing yourself. Set the end of the hilt at your eye level and pushing the blade towards the other person at a 30 degree angle. Your back should bow to the same angles as a bow without the sword. When bowing in our school Ki-yap "Dan-gear".

Jung-jwa (Sitting Etiquette)

Jung-jwa is sitting etiquette while kneeling. You should take one step backward with the left foot and kneel with the left knee touching the floor first. Place the sword on the left side of the ground with two hands having the hilt pointing forward and the sharp side facing towards you. Straighten your back, and place your upper body on your heels with your knees together. Place hands on the lap and turn so that the fingers are pointing towards each other. Look straight ahead and close your lips naturally.



Jwa-rye (Sitting Bow)



Jwa-rye is bowing etiquette while sitting. When the command “Cha-ryo-yut” is given, sit at attention and look at the other person. When given the command “Kyung-rye”, bow from your abdomen and place your hands on the floor at the same time while looking down. When your hands touch the ground, men should place their left hand on top of the right hand while women should have their right hand on top of the left. Bow until your forehead almost touches the back of your hand, your hips should still touch your heels. When bowing in our school Ki-yap “Dan-gear”. Pause for a quick breath while the other person bows and quickly get back to Jung-jwa (sitting position) while looking at the other person.

Dan-gear

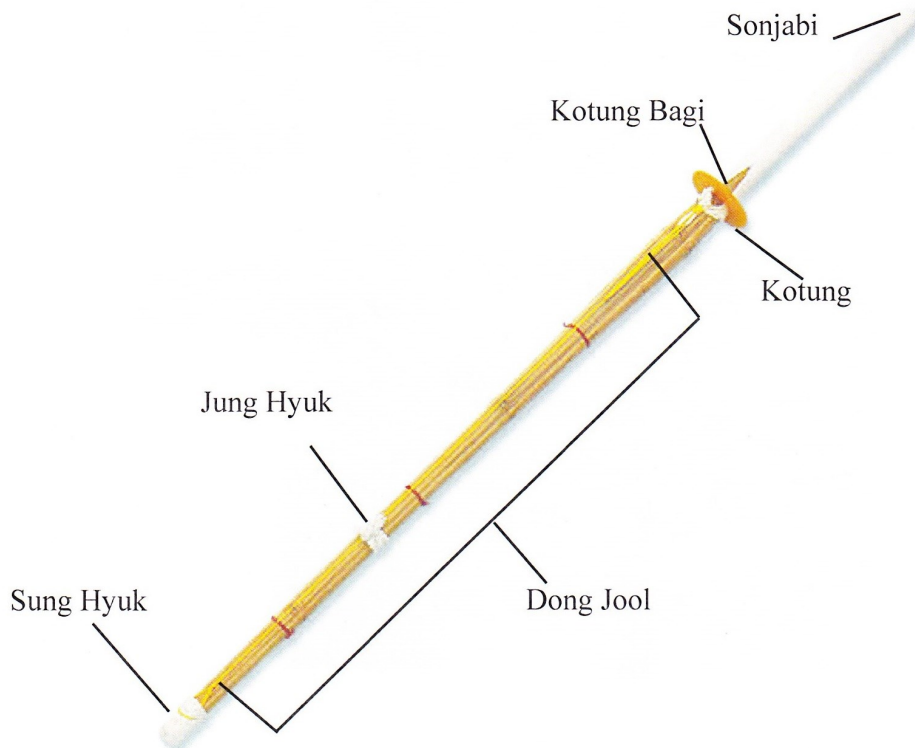
Dan-gear is the slogan of our school and means “Unity” in Korean. We use this word between each other to show respect and friendship. We say Dan-gear when we bow to each other and when we bow to the flags. Dan-gear is a word we use in our school, other schools may have their own word, or won’t have a slogan at all. Therefore, we use Dan-gear in our school, but we do not use it at tournaments or when addressing students or instructors from other schools. Instead bow silently in these settings.

Kum Do Equipment

Juk-do (Bamboo Sword)

The Juk-do is a bamboo sword used for sparring practice. In the past long and straight wooden sticks were used as practice swords during the early Chosun period. The parts of the Juk-do are:

Sun-hyuk	First leather	Kottung	Hilt
Jung-hyuk	Middle letter	Kottung-baji	Hilt retainer
Deung-jul	Back string	Son-jab-yi	Handle



Kum Do Mok Kum Techniques

Pparun and Pande Ap-gubi stances

When performing techniques that slash from right to left and vice versa, there is a distinction between which side is attacking from and which foot you step forward with when making your Ap-gubi stance. Pparun means to step forward with the same foot as you slash from, for example: if you start your slash on the left side, your left foot would be forward. Pande means to step forward with the opposite foot that you slash from.



Pparun Ap-gubi



Pande Ap-gubi

Wen Orun Pparun Neryo Begi (Left/Right Downward Slash)

Neryo Begi is a downward diagonal slash. Wen Neryo Begi cuts from left to right, and Orun Neryo Begi cuts from right to left. Begi are performed in only 3 and 2 counts, 2 count combining the first and second motions together.

Orun Pparun Neryo Begi



Start from Gyo-noom-se.



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



Step forward into Ap-gubi stance. 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.

Wen Pparun Neryo Begi



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.

A-re Makki (Low Block)



A-re makko is a block defending against attacks to your legs or lower body and can be performed from the left or right side. When (left) A-re makko starts in Gyo-noom-se (ready position), step back and make Dwi-gubi (back stance). Turn the sword, point down and block like a snap cut, do not push the sword out away from your body. Try and keep the sword perpendicular to the ground, to prevent the opponent's sword from "riding up" to your hands or body.

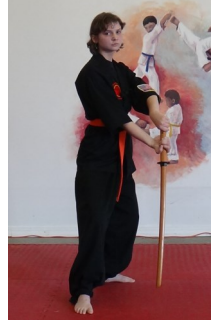


A-re Makko Wen Orun Pparun Neryo Begi (Body Block Left Right Downward Slash)

A-re Makko Wen Orun 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).



Step back with the left
foot and block Wen A-re
Makki (Left Low Block).



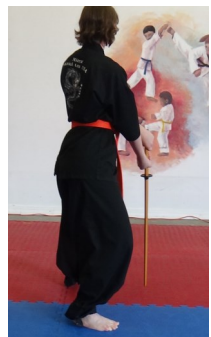
Step forward with the left
foot and perform Wen
Pparun Neryo Begi (Left
Downward Slash).



Step backward with the
right foot and block Orun
A-re Makki (Right Low
Block).



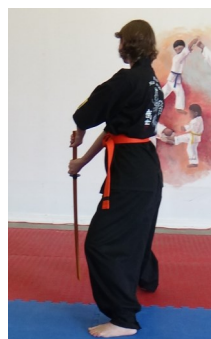
Step forward with the
right foot and perform an
Orun Pparun Neryo Begi
(Right Downward Slash).



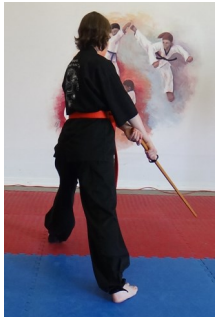
Turn to the left 180 de-
grees to face the rear and
block Orun A-re Makki
(Right Low Block).



Step forward with the
right foot and perform an
Orun Pparun Neryo Begi
(Right Downward Slash).



Step back with the left
foot and block Wen A-re
Makki (Left Low Block).



Step forward with the left foot and perform a Wen Pparun Neryo Begi (Left Downward Slash).



Pivot on your left foot and turn to your right so that you are facing left. Block Orun A-re Makki (Right Low Block).



Step forward with the right foot and perform an Orun Pparun Neryo Begi (Right Downward Slash).



Step back with the left foot and block Wen A-re Makki (Left Low Block).



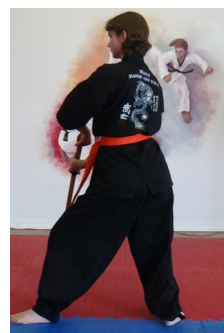
Step forward with the left foot and perform a Wen Pparun Neryo Begi (Left Downward Slash).



Turn to the right 180 degrees to face the right and block Wen A-re Makki (Left Low Block).



Step forward with the left foot and perform a Wen Pparun Neryo Begi (Left Downward Slash).



Step backward with the right foot and block Orun A-re Makki (Right Low Block).



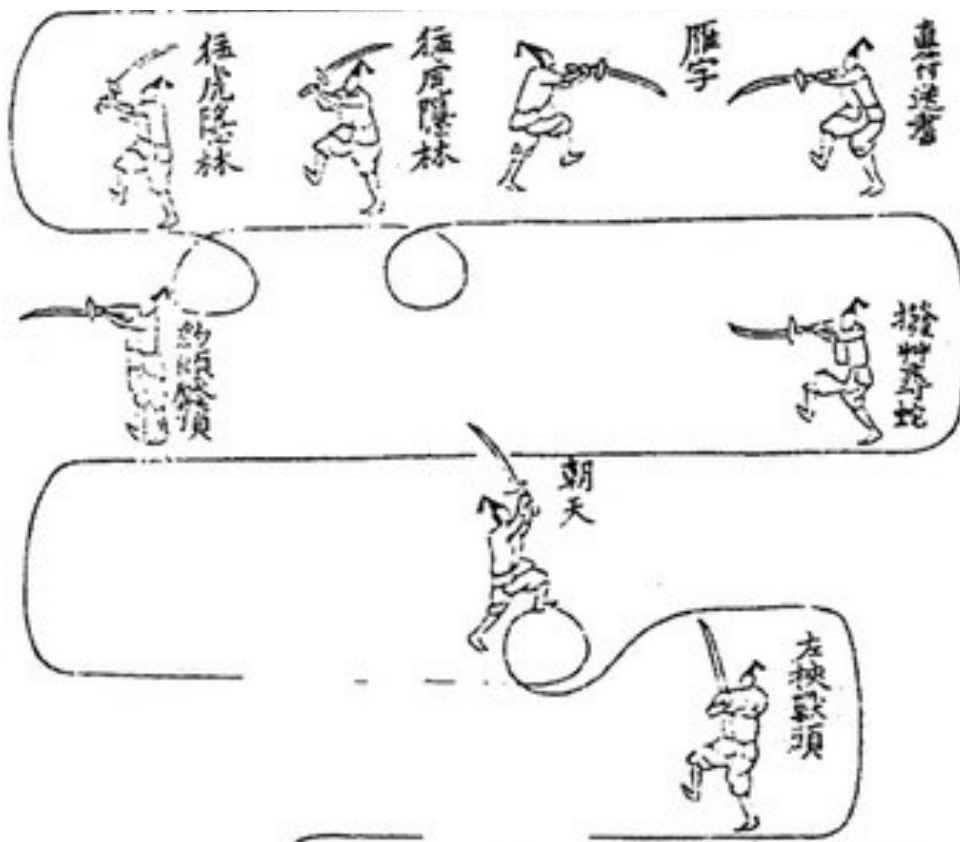
Step forward with the right foot and perform an Orun Pparun Neryo Begi (Right Downward Slash).



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).

Bon Kuk Kum Bup Ee Jang (Bon Kuk Kum Bup Part 2)

Bon Kuk Kum Bup Ee Jang is the second part of the larger Bon Kuk Kum Bup form originating from the Muye Dobo Tongji (Illustrated manual of Martial Arts). Bon Kuk Kum Bup Ee Jang contains the second set of 6 movements including 1 Begi (slash) and 3 Chirugi (thrust). Bon Kuk Kum Bup Ee Jang focuses on focusing Ki (vital energy), balance, introduces Begi, and dealing with constantly changing directions.



Chang Kal (Ready Sword)



Start by standing at attention and equipping the sword.

Bboba Kal (Draw Sword) Hanson Mori Chigi (One Handed Head Strike)



Draw the sword forward straight and smoothly from the sheath. Once the tip is free, flick your wrist, bringing the sword down in a one handed Mori strike. As your hands make the strike, your right foot should step forward into Ap-gubi (Front Stance) and Ki-yap "Yap!"

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 (ready position).

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.



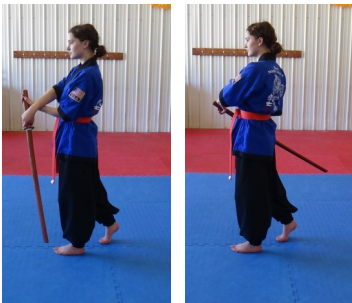


Still keeping your hands and sword in a guard stance, step forwards with your left foot and turn right so that you are facing the front.



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.



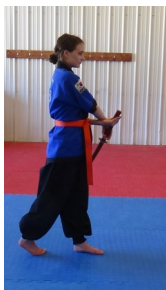
Go into an Ap-goobi (Front Stance) by stepping forward with the right foot and slash Wen Neryo Begi (Left Downward Slash)

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.



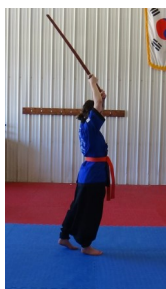
Land with your right foot forward in an Ap-goobi (front) stance. Thrust upwards, Ki-yap "Injun" and aim for the head.

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)."



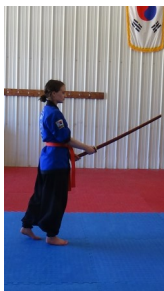
Step forward with the left foot and bend your legs to crouch low.



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.

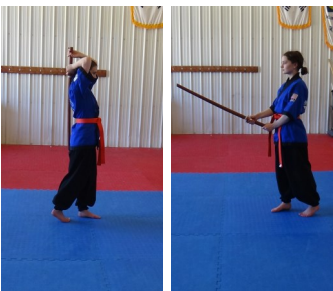


Gyo-noom-se (Ready Position).



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).

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

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.



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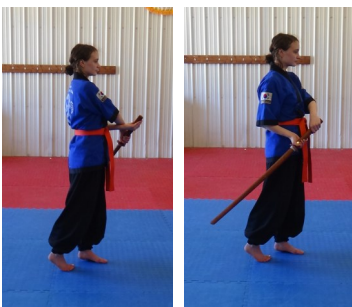
Still keeping your hands and sword in a guard stance, step forwards with your left foot and turn right so that you are facing the front.



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.

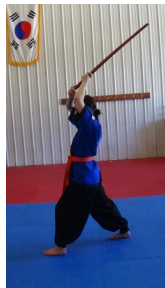


Step 45 degrees and forward with your left foot and turn so that you are facing diagonally. Thrust with your sword aiming for your opponent's chest and Ki-yap "Wen Gasoom!" (left lung strike)



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 Gasoom!" (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.”



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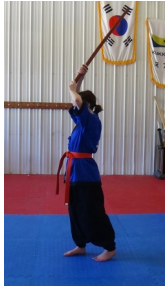
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Gyo-noom-se (Ready Position).



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)."



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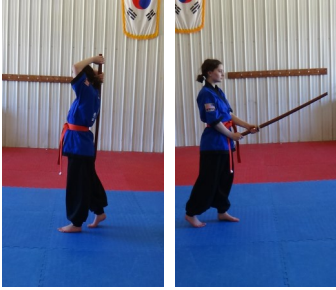


Gyo-noom-se (Ready Position).



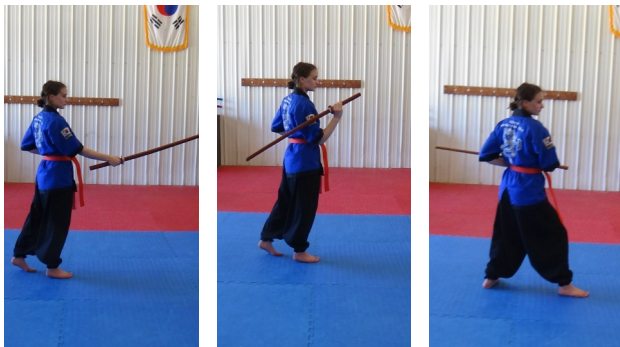
Keeping the sword high and step back with your right foot and turn 180 degrees to the right facing the front. Lower the sword and return to Gyo-noom-se (Ready Position).

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

Kkoja-kal (Put Sword Away)



Place your left hand at your side like a scabbard. Step back with your left foot and stomp the ground as you go into Dwi-goobi (back stance). As you are stepping, cleanse the sword by spinning the sword clockwise (backwards to forwards) on your right side. 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 Kkoja-kal.



Finally, stand upright and move your right hand to the tip of the handle (Son-jab-yi) and use force to finish sheathing the sword, bow and say "Dan-gear!"

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)



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



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



Bow and Ki-yap "Dan-gear!"



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



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

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



Both participants step forwards 2 steps.



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



D. Hu-do (defender) will block the strike by stepping backward with the left and right foot and swinging the sword up with the flat of their blade. If performed correctly this will deflect the Sun-do's sword.



Hu-do (defender) performs a counter attack Son-mok chigi with a loud Ki-yap "Son-mok!"



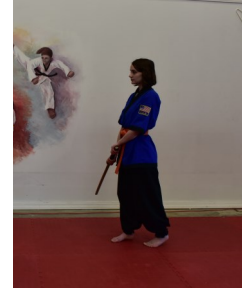
Hu-do (defender) points the sword at the Sun-do's neck.



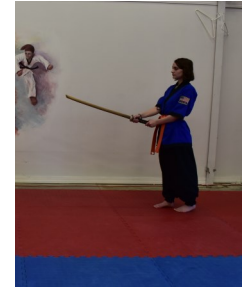
Hu-do then steps back to Gyo-noom-se (Ready Position).



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



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



Both students put away sword at the same time.



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



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



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

Sun-do (Attacker) and Hu-do (Defender) start facing each other with your swords in Chan-kal (Equip Sword Position).



Show proper respect to each other by bowing using Ip-rye (Standing Bow with Sword).



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



Both participants step back right foot first.

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

D. Hu-do (Defender) takes 2 steps back and stays in Gyo-noom-se (Ready Stance).



Both participants step forwards 2 steps.

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

D. Hu-do (Defender) makes a sweeping head block from right to left.



At the end of Hu-do (Defender)'s sweeping head block, Hu-do (Defender) transitions the block into a Hori-chigi (Waist Strike).



Hu-do (Defender) points the sword at the Sun-do (Attacker)'s neck, this is to insure the Hu-do (Defender)'s victory, even in defeat an opponent can be deadly. Hu-do (Defender) then steps back to Gyo-noom-se (Ready Position).



After both practitioners have finished, they must end the exercise. Both Students lower their swords pointed 45 degrees down like Shiyo Kal (Resting Stance).



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



Both students Kkoja-kal (Put Away Sword) 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 Techniques

Jak-eun Chigi

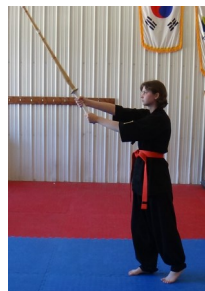
Jak-Eun Chigi means small Chigi. This is a short, fast, but powerful strike and is the most commonly used attack in sparring. Students must use the entirety of their body to deliver the same power as Keun Chigi, but with smaller movements. This is done through the concept of Ki-Kum-Che-Il-Che, the harmonization of Mind, Sword, and Body. Chambering the sword is done straight up like you are lifting the sword to the sky or knocking a watermelon off of your opponent's head, instead of over your head.



Start in Gyo-noom-se.



Lift the sword and lunge in the same motion, then make a Morichigi strike.



After completing the strike bring the left foot to meet the right and raise the sword over your head prepared for a second strike.



Finish by returning to Gyo-noom-se.

Keun Sonmok-chigi (Full Wrist Strike)



Start in Gyo-noom-se.



Lift the sword and lunge in the same motion, then make a Son-mok strike.



After completing the strike bring the left foot to meet the right, bring the Juk-do back to parallel to your shoulder and "juk" your head to the right.



Finish by returning to Gyo-noom-se.

Keun Hori-chigi (Full Waist Strike)



Start in Gyo-noom-se.



Lift the sword and lunge 45 degrees in the same motion, then make a Hori chigi strike.



After completing the strike drag the sword across your opponent's waist and run past your opponent, turning only once you have completely past your opponent.



Finish by returning to Gyo-noom-se.

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.

Mori-chigi attack with Hori-chigi Counter Attack

(Head Strike with Waist Strike Counter Attack)

Hori chigi (Waist Strike) counter attack against Mori chigi (Head Strike) teaches one of the most effective uses of Hori Chigi (Waist Strike). Like all counter attacks, timing is important. Start by countering as soon as your opponent raises their arms, more advanced students may develop enough speed to wait until the opponent has committed to their attack.



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



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



The Defender counter attacks with Jak-eun Hori Chigi (Small Head Strike).



After completing the Hori Chigi (Waist Strike), the Defender swiftly runs past the Attacker until they are out of counter attack range. Then they turn around to face their opponent.

Kum Do Questions

What are the parts of the Juk-do?

Sun-hyuk

First leather

Jung-hyuk

Middle letter

Deung-jul

Back string

Kottung

Hilt

Kottung-baji

Hilt retainer

Son-jab-yi

Handle

Children's Home Rules

5. Children must help with household chores.
6. Children will keep their own room neat and clean.

Kum Do Terminology

Are Makki

Chung

Dan-gear

Hyo

Ip-rye

Jak-eun

Jak-eun Hori Chigi

Jak-eun Mori Chigi

Jak-eun Son-mok Chigi

Jung Hyuk

Jung-jwa

Jwa-rye

Kotung

Kotung Baji

Neryo Begi

Orun Pparin Neryo Begi

Pande

Pparin

Son-jab-yi

Sun-hyuk

Wen Pparin Neryo Begi

Low Block

Patriotism

Unity

Trust or Respect

Standing Bow

Small Strike

Small Waist Strike

Small Head Strike

Small Wrist Strike

Middle Leather

Sitting Etiquette

Sitting Bow

Hilt

Hilt Retainer

Diagonal Slash

Right Diagonal Slash

Opposite Side

Same Side

Handle

First Leather

Left 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 Pparin Neryo Begi (Left Right Diagonal Slash)

Forms

Bun Kuk Kum Bup Ee Jang

Step Sparring

Long Sword #2

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

Mori Chigi (Head Strike) attack, Hori Chigi (Waist Strike) counter

Questions

What are the parts of the Juk-do?

Children's Home Rules