

Kumdo: Brown 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 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

Wen/Orun Neryo Huryo Begi (Left/Right Fast Step Horizontal Slash)

Forms

Jang Song Kum Bup Sam Jang (Jang Song Kum Bup Part 3)

Step Sparring

Jang-kum Oh Bun (Long Sword #10)

Sparring Techniques

Ahn and Bahket Chirugi

Sparring Tactics

Miro Orun Hori Chigi

Questions

What is Ki-kum-chi-il-chi?

Jin Kum and Ka-gum Cleaning and Display

Sword Cleaning

Swords must be cleaned on a regular basis, even if they are not used frequently; this keeps them from rusting. Swords should always be cleaned after cutting, moisture is the number one enemy to swords. It is best to clean your sword as soon as you are able to, especially after cutting fruit. Fruit has acid which stains the sword, so fast cleaning is important. It is also important to clean the sword if it has been touched by hands, this leaves an oil which can cause rusting. If a sword isn't being used for practice regularly, it should be cleaned about twice a year.

Wipe any moisture or residue off the blade with a cloth and/or Bap-jong-i (Rice Paper). Cloth is good for removing grim and residue, rice paper is essential for removing moisture.

Use the Gyeong-seog (Pumice) and pound up and down the length of both sides of the blade, pay special attention to the top third of the blade. This serves two purposes. First, cutting puts stress on the blade, tightening it up. Pounding the blade anneals the steel, loosening it back up. Failure to do this will eventually snap the blade, like bending a paperclip over and over again. Second, the pumice leaves a powder along the blade, this helps keep the oil even when applying it in the next step.

Place a cotton ball over the bottle of Kal Gil-eum (Sword Oil) and turn it over about 3 times to soak it in oil. Apply the oil lightly in circles on one side of the blade. You don't want to rub off the pumice, this keeps the oil from pooling in one place. Switch hands and repeat this process for the other side of the blade.

Leave the sword out of the scabbard overnight, and make sure the scabbard is open to the air. This is to air out any moisture that may have stayed in the scabbard.

Display

Swords may be displayed vertically on a ground stand or horizontally on a shelf or wall. Horizontal sword stands are generally best, especially for airing out a scabbard. Vertical stands lean at a diagonal and will naturally have the edge facing down. Swords displayed horizontally should always have the edge facing up. This prevents pressure being placed on the edge, which can dull the sword. Swords should always be displayed out of the reach of children, or locked away.

Kum Do Mok Kum Techniques

Wen/Orun Hori Neryo Begi (Left/Right Fast Step Horizontal Slash)

This strike is a downward diagonal slash cut across the body from the left to the right side (Wen Hori Neryo Begi) or from the right to the left side (Orun Hori Neryo Begi). This strike uses Kyo-yu-gi Suh-gi (Tiger Stance) instead of Ap-gubi to allow greater freedom of movement. Begi are performed with 3 and 2 counts, 2 count combining the first and second motions together.

Starting from Gyo-noom-se, lower the sword to the side and set your angle.

Step forward into Kyo-yu-gi Suh-gi (Tiger Stance). At the same time, swing the sword diagonally, turn your waist to make the cut. Make the traditional Ki-hap "Yap!"

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.

Okke Makko (Side Block)Wen/Orun Neryo Huryo Begi

(Left/Right Fast Step Horizontal Slash)

Okke Makko Wen Orun Neryo Huryo Begi is done in four directions with two blocks and two attacks with each direction.

Start in Gyo-noom-se facing front.

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

Step forward with the left foot and perform Wen Pparun Neryo Huryo Begi attack.

Step backward with the right foot and block Orun Okke makki.

Step forward with the right foot and perform an Orun Pparun Neryo Huryo Begi attack.

Turn to the left 180degrees to face the rear and block Orun Okke makki.

Step forward with the right foot and perform an Orun Pparun Neryo Huryo Begi attack.

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

Step forward with the left foot and perform a Wen Pparun Neryo Huryo Begi attack.

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

Step forward with the right foot and perform an Orun Pparun Neryo Huryo Begi attack.

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

Step forward with the left foot and perform a Wen Pparun Neryo Huryo Begi attack.

Turn to the right 180 degrees to face the right and block Wen Okke makko.

Step forward with the left foot and perform a Wen Pparun Neryo Huryo Begi attack.

Step backward with the right foot and block Orun Okke makko.

Step forward with the right foot and perform an Orun Pparun Neryo Huryo 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)

Jang Song Kum Bup Sa Jang (Jang Song Kum Bup Part 4)

Jang Song Kum Bup Sa Jang is the fourth part of a larger form developed and named after Grandmaster Tae Eun Ha, whose swordsmanship name is Jang Song. The final part of Jang Song Kum Bup is short, but physically demanding. It introduces new movement and striking applications with jumping and rolling techniques.

Chang Kal.

Start by standing at attention and equipping the sword.

Bboba Kal, Hanson Huro Oleo Begi

Turn the Kal-jip (Sheath) in your belt so that the sword is upside down.

Draw the sword forward straight and smoothly from the sheath. Once the sword is free of the sheath make a one handed upward diagonal slash. At the same time, move forward using Huro stepping with the right foot forward.

Retreat, Huro Hori Begi

Slide back one step, keeping the right foot forward.

Move forward again and perform Pande Wen Huro Hori Begi (Opposite Left Fast Step Horizontal Slash)

Orun Olgul Makki

Turn 180 degrees to the left and face the rear. Perform an Orun Olgul Makki (Right Head Block).

Orun Neryo Begi

Step forward and perform an Orun Neryo Begi (Right Downwards Diagonal Slash).

Wen Olgul Makki

Shift into back stance and perform a Wen Olgul Makkie (Left Head Block).

Wen Neryo Begi

Step forward and perform a Wen Neryo Begi (Left Downwards Diagonal Slash).

Orun Olgul Pacheo Makki

Shift into back stance and perform an Orun Olgul Pacheo Makki (Right Supported Head Block).

Hori, Hori, Dolgae Begi

Step forward with the right foot and perform a mid-level right diagonal strike, Ki-yap "Hori!"

Step forward with the left foot and perform a mid-level left diagonal strike, Ki-yap "Hori!"

Take two steps forward and leap into the air. Turn to the left 360 degrees in the air and perform a mid-air Orun Neryo Begi (Right Downward Diagonal Slash).

One Legged Lower Cross Posture

Balance on the right leg with the left knee pointed to the right. Cross your arms and Point the sword to the ground.

Tanjun Chirugi

Twist your body into a front stance with the left foot forward, stab 45 degrees down and Ki-yap "Tanjun!"

Ap Gulo Chirugi

Roll over your right shoulder ending in a crouch and a chirugi (Thrust) with the Ki-yap "Chu!"

Kkoja-kal

Stay kneeling. Place your left hand at your side like a scabbard and raise your sword like a single handed Olgul Makki, then 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 slide the sword into the sheath. The sheath should be pulled out and meet the sword half way just like a normal Koja-kal.

Move your right hand to the tip of the handle (Son-jab-yi) and use force to finish sheathing the sword.

Put your right hand on your knee and stand upright. Bow and Ki-yap "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-goo Bun (#19)

The Attacker and Defender start facing each other with their swords in Chan-kal (Ready to Draw) position.

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

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

Return to Char-yut (Attention).

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

Both participants step back, right foot first.

A. The Attacker takes 3 steps back and raises their sword overhead and in an Ap-gubi (Front Stance). Front Stance is performed with your front knee bent and your back leg straight.

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

Both participants step forward 2 steps.

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

D. The Defender steps forward and blocks with Momtong Makki, clenching swords..

The Defender uses the Kot-tung (Hilt), to catch the Attacker’s sword and spin it counter clockwise 180 degrees.

At the end of the spin, the Defender punches forward with the sword’s pommel to the Attacker’s In-jun (Filtrim). The Attacker takes two steps backwards.

While the Attacker is stunned, the Defender attacks with Orun Neryo Begi.

The Defender then steps back to Gyo-noom-se (Ready Position). The defender’s sword always goes under the attacker’s sword when returning to Gyo-noom-se (Ready Position).

After both students have finished practicing, they must end the exercise. Both Students lower their swords like Shiyo Kal (Resting Stance); however, the blades are aimed at their opponent.

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

Both students put away swords at the same time.

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

Jang-kum (Long Sword) Ee-ship Bun (#20)

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 steps forward with the right foot and strikes the Attacker's chin with the sword pommel. The Attacker takes two steps backwards.

While the Attacker is stunned, the Defender attacks with Orun Neryo Begi.

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.

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° 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 Techniques

Ahn and Bahket Chirugi

Brown High Belt introduces two variations on Chirugi (thrust). These variations thrust from the left and right sides. It takes a high level of focus and skill to perform these advanced techniques, and it will require much practice to perform them in sparring.

Jungmyun Chirugi (center thrust)

Jungmyun Chirugi is a straight Chirugi (thrust), this is another name for the Chirugi (thrust) that was taught at Yellow Belt.

Start from Gyo-noom-se (ready position)

Lunge forward and push your hands out to thrust.

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

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

Ahn Chirugi (inside thrust)

Ahn Chirugi is a thrust made by stepping to the right, attacking the opponent's left side. Because the left arm is lower, the chest and throat are more open on this side. This is why this is called an inside thrust.

Start from Gyo-noom-se (ready position)

Use Orun Miro Gutgi (right pushing step) to side step to the right.

Lunge forward and push your hands out to thrust.

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

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

Bahket Chirugi (outside thrust)

Bahket Chirugi is a thrust made by stepping to the left, attacking the opponent's right side. Because the right arm is high, the chest is covered, and the the throat is difficult to hit. This is why this is called an outside thrust. Because this thrust is difficult, it can be unexpected, leaving the opponent defenseless.

Start from Gyo-noom-se (ready position)

Dip your sword under your opponents, and use Orun Miro Gutgi (right pushing step) to side step to the right.

Lunge forward and push your hands out to thrust.

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

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

Miro Orun Hori Chigi (Pushing Right Waist Strike)

Miro Orun Hori Chigi is performed with a Chirugi fake and followed with a right waist strike. When a Chirugi thrust is made at a person's throat, the human body will naturally react to defend itself, there are two common reactions. The first is that the person will retreat, this is what Miro Mori Chigi is for. The second is that they may raise their arms to protect the throat, Miro Orun Hori Chigi is for this reaction. As the arms raise the waist becomes an available target.

Start in Gyo-noom-se.

The Attacker begins with a chirugi motion aiming for the Defender's neck.

The Defender takes a step back and raises their arms to protect their neck.

The Attacker leaps forward and performs Orun Hori Chigi while the Defender's waist is undefended.

The Attacker immediately steps back and blocks Olgul Makki

The attacker retreats several steps and returns to Gyo-noom-se.

Kum Do Questions

What is Ki-Kum-Chi-Il-Chi?

Ki-Kum-Chi-Il-Chi translates into: The Mind, Sword, and Body are One. This is an essential concept for any swordsman or woman. One must practice sword techniques, train your body physically, and sharpen your mind and spirit. If you practice every day, you can still lose a battle if you don't have a plan. In the same way, you can read every book about swordsmanship but you will lose a due if you've never practiced. Once this concept is realized, it must be internalized. Your body is an extension of your mind, your sword is an extension of your body, and your mind is an extension of your sword. Understand this and you will have harmonization of the mind, sword and body.

Kum Do Terminology

Ahn Chirugi

Inside Thrust

Bahkut Chirugi

Outside Thrust

Bap-jong-i

Rice Paper

Gyeong-seog

Pumice

Jungmyun Chirugi

Straight Thrust

Kal Gil-eum

Sword Oil

Ki-kum-chi-il-chi

Mind, Sword, and Body are One

Miro Orun Hori Chigi

Pushing Right Waist Strike

Orun Neryo Huryo Begi

Right Fast Step Horizontal Slash

Wen Neryo Huryo Begi

Left Fast Step Horizontal Slash