

# **Kumdo: Brown-Red 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

Oleo Huryo Begi (Left/Right Fast Step Upwards Diagonal Slash)

### Forms

Jang Song Kum Bup Jong Hop

### Step Sparring

Jang-kum Oh Il Bun (Long Sword #11)

### Sparring Techniques

Fast Meo Mori Chigi

Fast Meo Son-mok Chigi

Fast Meo Hori Chigi

### Sparring Tactics

Ahn Chirugi Counter

### Questions

What is the Benefit of Kum-do Training?

## History of Kum Do

Japanese Invasion of Korea/ The Imjin War (1592-1598)-

# Kum Do Essentials

Meditation by Eric Cunningham

# Kum Do Equipment

## Parts of Ka-gum/Jin-kum

There are many parts to a metal sword, and not all of them have the same parts. There are also different variations of Kal Jip (Scabbard). Below are some of the most common parts to the sword and two variations of Kal Jip (Scabbard). The first Kal Jip is the most common, which is based off the Japanese katana. The second Kal Jip (Scabbard) is a more distinctively Korean style and was used primarily during the Joseon Dynasty.

## Parts of the sword

Ja-ru-ap-jang-shik (?)	Hilt Collar (Lower Kotung Baji)
Ju-seok maki/Hwan-do Ma-ki	Kotung Baji on Metal Sword
Ja-ruk-keun	Handle Wrap
Ja-ru nae-pi	Shark/Ray Skin
Ja-ru Jang shik	Handle Ornaments (under wrap)
Mot	Handle Peg
Duit mae-gi/ Byung-du(?)	Pommel
Duit-shwe	Washer(?)
Kal-keut Jeol-seon	Dividing Point Between Kal Nal and Kal Kut Nal
Hom(e)/Hyul-jo	Fuller
Yeol-seon/NaMunui(?)	Temper Line
Kal-myeon	Flat of the Sword

## Parts of a Cord Style Scabbard

Kal-jip ap	Scabbard Mouth
Kal-jip ap Jang Shik/Kal-jip Jjak	Scabbard Mouth Cap
Kal-jip duit jang shik/Kal-jip Keut	Scabbard Cap/Pommel
Jul	Cord
Kal-jip kkeun	Scabbard Wrap
Kal-jip Gori	Cord Knob

## Parts of a Hwando Style Scabbard

Kal-jip ap	Scabbard Mouth
Kal-jip ap Jang Shik/Kal-jip Jjak	Scabbard Mouth Cap
Kal-jip duit jang shik/Kal-jip Keut	Scabbard Cap/Pommel
Garakji	Metal Bands Holding Strap Attachment or Tassel
Kal-jip Gori	Scabbard Eyelet (Attached to Garakji)
Kkeun-mok	Suspender (Straps Between Garakji)
Tti-don	Strap Attachment
No-ri-gae	Tassel

## Oleo Huryo Begi (Left/Right Fast Step Upwards Diagonal Slash)

This strike is an upward diagonal slash cut across the body from the left to the right side (Wen Oleo Huryo Begi) or from the right to the left side (Orun Oleo Huryo 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.

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

Second Motion. Step forward into tiger stance. At the same time, swing the sword diagonally and upwards, 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.

### **Il-ja Makko Oleo Huryo Begi**

Il-ja Makko Wen Orun Oleo 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 Il-ja makki.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Using Dwi-ro Dora like step, pivot on your left foot and turn to the left 90degrees so that you are facing the front and return to Gyo-noom-se.

# Kum Do Tul (Forms)

## Jang Song Kum Bup Jung Hop (Jang Song Kum Bup Combination)

Jang Song Kum Bup Jung Hop is the full combined form named after Grandmaster Tae Eun Ha, whose swordsmanship name is Jang Song. Jang Song means "A General who is like an evergreen tree, full of energy and youth". Grandmaster Ha created the roots of what would become Muye Shinbo Kumdo, we perform this form to honor him and remember the roots from which we came. Jang Song Kum Bup Jung Hop epitomizes the discipline Grandmaster Ha created, a well-rounded, practical and traditional sword martial art.

Chang Kal.

Start by standing at attention and equipping the sword.

Bboba Kal, Hanson Mok Begi.

Step forward with your right foot and draw the sword forward straight and smoothly from the Kal-jip. Once the Kal-kut is free from the Kal-jip, slash down at a 300 angle from left to right with one hand cutting your opponent's throat and Ki-yap "Yap!"

Tiger Stance.

Bring your right foot back and go into Tiger Stance. Bring the sword all the way to your hip as in a Hurigi.

Jung-myun Begi.

Step forward with your right foot and perform Jung-myun Begi and Ki-yap "Yap!"

Tiger Stance.

Step forward with your left foot back and go into Tiger Stance. Bring the sword all the way to your hip as in a Hurigi.

Jung-myun Begi.

Step forward with your left foot and perform Jung-myun Begi and Ki-yap "Yap!"

Tiger Stance.

Pivot to your right so that you are facing the rear. Bring your right foot back and go into Tiger Stance. Bring the sword all the way to your hip as in a Hurigi.

Jung-myun Begi.

Step forward with your right foot and perform Jung-myun Begi and Ki-yap "Yap!"

Tiger Stance.

Step forward with your left foot back and go into Tiger Stance. Bring the sword all the way to your hip as in a Hoorigi.

Jung-myun Begi.

Step forward with your left foot and perform Jung-myun Begi and Ki-yap "Yap!"

Momtong Makko.

Pivot on your left foot and turn right to face left. Make Orun Momtong Makko block, this should be performed in slow motion.

Hurigi.

Step forward with your right foot and perform Hurigi, Do Not Ki-yap.

Olgul Makko.

Shift into Dwi-gubi and perform Wen Olgul Makko.

Neryo Begi.

Step forward with the left foot and perform Wen Neryo begi and Ki-yap "Yap!"

Momtong Makko.

Pivot on your feet and turn right to face right. Make Wen Momtong Makko block, this should be performed in slow motion.

Hurigi.

Step forward with your left foot and perform Hurigi, Do Not Ki-yap.

Olgul Makko.

Shift into Dwi-gubi and perform Orun Olgul Makko.

Neryo Begi.

Step forward with the left foot and perform Orun Neryo begi and Ki-yap "Yap!"

Olgul Makko.

Pivot on the right foot, turning to the left 180°, so that you face left. Perform Wen Olgul Makko.

Neryo Begi.

Step backwards with the right foot and perform Wen Neryo Begi and Ki-yap "Yap!"

Olgul Makko.

Shift into Dwi-gubi and make Orun Olgul Makko.

Leaping Neryo Begi.

Leap forward leading with the right foot and make Orun Neryo Begi.

## Orun Neryo Begi

Immediately follow up the Leaping Neryo Begi (Downward Diagonal Slash) with a quick pivot to the left on your right foot to face the rear. Perform another Orun Neryo Begi (Right Downward Diagonal Slash).

## Wen, Orun Momtong Makko

Quickly step forward with the left foot and perform a walking stance Wen Momtong Makko, then step forward with the right foot and perform a walking Orun Momtong Makko.

## **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; your legs should be crossed. Cradle the dull side of the sword (Kal Deung) in the crook of your arm, aiming it 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!"

## Wen Momtong Makko, Olgul Makko

Retrieve your sword from the Mun-chi thrust into a walking Wen Momtong Makko block. Immediately perform Wen Olgul Makko block, moving into a Dwi Gubi stance.

## Dolge Begi

Jump straight up and turn 180° to the right. At the apex of the jump, perform an Orun Neryo Begi.

## Olgul Makko

Move into Dwi Gubi and perform Orun Olgul Makko.

## Orun Neryo Begi

Step forward with the right foot and perform Orun Neryo Begi.

## Olgul Makko

Move into Dwi Gubi and perform Wen Olgul Makko.

## Wen Neryo Begi

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

## Il-ja Makki

Turn 90 degrees to the right and perform an Il-ja Makki block with the left foot forward.

## Jumyung Begi

Step forward with the right foot and perform Jumyung Begi.

## Pande Huryo Hori Begi

Slide your right foot back and go into Kyo-yu-gi Suh-gi (Tiger Stance), at the same time chamber your sword for a Wen Huryo Hori Begi slash.

Lunge with your right foot forward and perform a Pande Huryo Hori Begi from the left side.

## Il-ja Makko

Pivot 180 degrees to the right and perform an Il-ja Makki block with the right foot forward.

## Jumyung Begi

Step forward with the left foot and perform Jumyung Begi.

## Pande Huryo Hori Begi

Slide your left foot back and go into Kyo-yu-gi Suh-gi (Tiger Stance), at the same time chamber your sword for an Orun Huryo Hori Begi slash.

Lunge with your left foot forward and perform a Pande Huryo Hori Begi from the right side.

Gyo-noom-se

Slide the right foot back slightly and return to a reverse Gyo-noom-se

Orun Neryo Begi, Wen Oleo Begi

Step forward with the right foot and perform an Orun Pparin Neryo Begi with no power, this is a feint.

Step forward with the left foot and perform a Wen Pparin Oleo Begi.

Dwiro Dora

Perform Dwiro Dora, turning 180 degrees and returning to Gyo-noom-se.

Wen Nero Begi, Orun Oleo Begi

Step forward with the left foot and perform a Wen Pparin Neryo Begi with no power, this is a feint.

Step forward with the right foot and perform an Orun Pparin Oleo Begi.

Kkoja-kal

Place your left hand at your side like a scabbard and raise your sword like a single handed Olgul Makki. Unlike previous forms, remain in Ap-gubi 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.

“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, let the Kal-deung come to rest on your Kal-jip. Slide the sword down and forward until the tip finds the entrance.

Once the sword is in position, switch to Ap-gubi and 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. Do NOT finish putting away your sword.

## Bboba Kal, Dwi Chirugi

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

Draw the sword straight out towards the front. Bring the right hand to the Dwi Maegi (Pommel).

Slide back into Kyo-yu-gi Suh-gi (Tiger Stance) and thrust straight back, Ki-yap "Chu!"

## Olgul Bacheo Makki

Pull the sword to retrieve it from a chirugi. Grip the sword with your right hand and place the left hand at the 1/3 point of the sword.

Pivot 45 degrees to the right and step forward with the left leg. At the same time, bring the sword up into an Olgul Bacheo Makki block.

## Bacheo Chirugi

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

Step forward with your left foot and perform a chirugi with the top 1/3 of the sword supported by your left hand.

## Orun Neryo Begi

Pivot 90 degrees to the left and step forward with the right foot, perform Orun Pparun Neryo Begi.

## Dwi Chirugi

Follow through with Orun Neryo Begi and turn 180 degrees. Spin the sword and reverse the blade.

Slide back into Kyo-yu-gi Suh-gi (Tiger Stance) and thrust straight back, Ki-yap "Chu!"

Wen Neryo Begi

Pull the sword to retrieve it from a chirugi. Step forward with the left foot and perform Wen Pparin Neryo Begi.

Olgul Makki

Pivot 90 degrees to the right and perform Orun Olgul Makki.

Orun Neryo Begi

Step forward with your right foot and perform Orun Pparin Neryo Begi.

Hanson Orun Mori Chigi

Follow through with Orun Neryo Begi and turn 360 degrees to the left. Place your left hand on your Kal-jip and perform a one handed Orun Mori Chigi.

Hanson Wen Mori Chigi

Return your left hand to your sword and turn 270 degrees to the right. Place your left hand on your Kal-jip and perform a one handed Wen Mori Chigi.

Jo-chon-se. "Rising Sky (Early Sky)." ? shouldn't it be Falling Sky (Late Sky/Evening)

Return your left hand to your sword and turn 180 degrees to the left. Raise your left leg and bring your sword down into a center guard stance; make a long, loud "Ki-yap!"

Orun Hori Huryo Begi

Step forward with your left foot and perform Ppande Orun Hori Huryo Begi.

Olgul Makki

Pivot 90 degrees to the right into Dwi Gubi and perform Orun Olgul Makki.

Wen Hori Huryo Begi

Step forward with your right foot and perform Ppande Wen Hori Huryo Begi.

Retreat, Huro Oleo Begi

Slide back one step, keeping the right foot forward.

Move forward again and perform Pande Wen Huro Oleo Begi (Opposite Left Fast Step Upward Diagonal Slash)

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) Ee-ship-il Bun (#21)**

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 turns the blade over and pushes down on the Attackers sword.

The Defender then performs Myung-chi Chirgui (Thrust to Solar Plexus).

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-ee Bun (#22)**

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 back with the right foot and blocks right Olgul-makko (High Block).

The Attacker steps back into Gyo-noom-se, ready to attack again.

D. The Defender attacks Jung-myung Begi, but intentionally cuts shallow, cutting in front of the Attacker.

A. The Attacker blocks Olgul Makko (High Block), but misses.

The Defender thrusts under the Attacker's guard into Mok Chirugi (Throat Strike).

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

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

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

Both students put away swords at the same time.

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

# Kum Do Sparring Techniques

## Fast Meo Chigi

Fast Meo Chigi is a faster version of Meo Chigi (shoulder faint strike) learned at Green Belt. The previously used Meo Chigi is designed to close distance with an opponent; but fast Meo Chigi is used at one strike distance and closer. The key to this technique is foot-work. Don't step forward while making the shoulder faint movement, instead you must stamp the ground with your right foot. This acts as a springboard for the lunge and attack. It will take practice and patience to master this technique.

## Fast Meo Mori-chigi

Next raise the sword over your shoulder until the length of the sword is parallel to the ground, at the same time stamp the ground with your right foot.

Then leap forward, springing with your right foot and pushing with the left foot. Time the landing with your right foot with a strike to the head performed just like Jak-eun Mori Chigi.

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.

## Fast Meo Son-mok Chigi

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

Next raise the sword to your shoulder so that the sword is perpendicular to the ground, at the same time stamp the ground with your right foot.

Then leap forward, springing with your right foot and pushing with the left foot. Time the landing with your right foot with a strike to the wrist performed just like Jak-eun Son-mok Chigi.

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.

## Fast Meo Hori Chigi

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

Next raise the sword to your shoulder and angled 45 degrees, at the same time stamp the ground with your right foot.

Then leap forward 45 degrees to the right, springing with your right foot and pushing with the left foot. Time the landing with your right foot with a strike to the waist performed just like Jak-eun Hori Chigi.

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.

## Ahn Chirugi Counter

It is difficult to successfully land a Chirugi (thrusting attack) to the throat; this is because it is natural to protect this most vital target. One of the most successful methods of hitting this target is to counter when your opponent is least expecting it. Timing and observation are important. Some opponents will drop or raise their arms after making a Mori Chigi (head strike). If an opponent drops their arms, go for the counter immediately. If an opponent keeps their arms up, you may have to wait a moment for their sword to drop, or try to go in under the arms. This will depend on the height and temperament of your opponent. Practice and observation will help understand what tactic to apply.

Start in Gyo-noom-se.

The attacker makes a Mori Chigi (Head Strike).

The defender dodges by stepping back and to the right.

The defender then makes a short lunge forward making a Chirugi (thrusting attack).

After completing the strike, the defender raises their arms and charges close to the attacker.

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

# Kum Do Questions

## What is the Benefit of Kum-do Training?

Kum-do began with the Korean Hwa-rang traditions, training both the mind and body. Daily Kum-do training will improve a person's physical ability by strengthening muscles and bones, as well as improving circulation and respiration. Self-defense can be realized through this improved physical ability combined with martial training. By training in the way of the sword, one gains proper verbal, mental, and behavioral control to become an ethical person. Through the harmonization of mind and body in Kum-do training, one can manage their Ki (Vitality). This helps the immune system, psychological well-being, and overall health and longevity. This is achieved through consistent mental and physical Kum-do training.

## Kum Do Terminology

Duit mae-gi/ Byung-du(?) Pommel

Duit-shwe Washer(?)

Garakji Metal Bands Holding Strap Attachment or Tassel

Hom(e)/Hyul-jo Fuller

Ja-ru Jang shik Handle Ornaments (under wrap)

Ja-ru nae-pi Shark/Ray Skin

Ja-ru-ap-jang-shik (?) Hilt Collar (Lower Kotung Baji)

Ja-ruk-keun Handle Wrap

Jul Cord

Ju-seok maki/Hwan-do Ma-ki Kotung Baji on Metal Sword

Kal-jip ap Scabbard Mouth

Kal-jip ap Jang Shik/Kal-jip Jjak Scabbard Mouth Cap

Kal-jip duit jang shik/Kal-jip Keut Scabbard Cap/Pommel

Kal-jip Gori Scabbard Eyelet (Attached to Garakji)

Kal-jip kkeun Scabbard Wrap

Kal-keut Jeol-seon Dividing Point Between Kal Nal and Kal Kut Nal

Kal-myeon Flat of the Sword

Kkeun-mok Suspender (Straps Between Garakji)

Mot Handle Peg

No-ri-gae Tassel

Orun Oleo Huryo Begi Right Fast Step Upwards Diagonal Slash

Tti-don Strap Attachment

Wen Oleo Huryo Begi Left Fast Step Upwards Diagonal Slash

Yeol-seon/NaMunui(?) Temper Line

# 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

Oleo Huryo Begi (Left/Right Fast Step Upwards Diagonal Slash)

## Forms

Jang Song Kum Bup Jong Hop

## Step Sparring

Jang-kum Oh Il Bun (Long Sword #11)

## Sparring Techniques

Fast Meo Mori Chigi

Fast Meo Son-mok Chigi

Fast Meo Hori Chigi

## Sparring Tactics

Ahn Chirugi Counter

## Questions

What is the Benefit of Kum-do Training?