

HAI Dong GUMDO REFERENCE

edited by Sam Biondo

The Uniform (Dobok) 한글/한문

Romanized	Korean/Chinese Translation	
Paji	바지	Trousers
Otori	웃도리	Top
Ti	띠	Belt
Maettôp	매듭	Tie

The Sword (Gum,Kom) 검

Romanized	Korean/Chinese Translation	
Gum	검	(Kôm) Sword
Gumdo	검도	(Kômdo)Curved blade of sword
Gumnal	검날	(Kôm nal) Sharp edge of sword
Gumko	검코	(Kôm ko) Point of sword
Gumteung	검등	(Kôm tûng) Back ridge of sword
Gummakki	검막이	(Kôm mak-e)Hand Guard
Gumson chapi	검손잡이	(Kôm sôn chap-hi) Hilt
Gumcharu	검좌 주	(Kôm chwa u)Handle of sword
Gumchip	검집	(Kôm chib) Scabbard,Sheathe
Mokgum	목검(木劍)	(Mokkôm) Hard wood sword
Tuokdo gum	죽도 (竹刀)	(Chukdo) Bamboo sparring sword
Kagum	가검(假劍)	(Kakôm)Training metal sword
Jingum	진검(真劍)	(Ch'inkôm) Sharpened "real" sword

Class Terminology

Romanized	Korean/Chinese Translation	
Charot	차렷	(Chareot)Attention
Joonbi	준비 (準備)	(Chunbi)Ready
Paro	바로	Return to ready stance
Paldo	발도 (發刀)	Draw sword
Kyungye	경례 (敬禮)	(Gyôngnye)Bow
Ch'akgum	착검(着劍)	(Chakkôm) Return sword to Gumchip
Ssang su		Double handed
Wui su		Single handed
Gumbup		(Gumpup)Forms
Danjon hohup		Abdominal breathing meditation
		'Danjon' is spot 2 inches below navel
Chungmyôn kyônjôk	중단 견적	Center on guard (中段見肘)
Ollyo pegi	올려 베기	Upwards cut
Chigergi	찌르기	(Chirûgi) Thrust with gumdo
Chase pakkuseyo	자세 바꾸세요	Change stance to face the rear
Ja Sae Bakwasuh		Reverse stance
Ki-gong		Moving meditation
Kip'		Slash with gumdo
Kukgum(Gyukgum)		Sword methods
Hurigi	후리기	Twirl sword
Tollyôsô	둘러서	Switch sword ends vertically
P'ungch'a-kurugi	풍차구르기	Cartwheel
Jump'u / twigi	점프뛰기	Jump
Nakbôp	낙법	Forward roll
Ch'otbul KKôgi	촛불끄기	Candle extinguishing
Taenamu pegi	대나무베기	Bamboo cutting
Sinmunji pegi	신문자 베기	Newspaper slicing
Kagmok charugi	각목자르기	Board striking

Stances 자세 (姿勢)(Jase, J(h)a Sae, Chase) and Positions

Ki Ma Sae 기마세 (騎馬勢) (Gimase)

- Horseback riding stance

- Feet turned inward 45 degrees
- Knees inward, below hips, bent until pants drape to hide feet
- Back straight, upright

- Only used in practice

- Ki Ma Kyeon Juk Sae (Gimase Gyunjukse)

- Horseback riding stance with sword drawn, gumko just below eye level

- Transition to Ki Ma Kyeon Juk Sae:

- 1.From attention (chariot)with feet together, count to four
- 2.@ Hannah, heels together on floor, pick up feet and turn toes 45 degrees out and roll feet , heel to toe, onto floor
 - Simultaneously start bending knees toward Ki Ma Sae
- 3.@ Dool, lift up heels, with balls of feet turn heels out 45 degrees and roll feet, toes to heels, onto floor
 - Simultaneously bend knees further toward Ki Ma Sae
- 4.@ Set - repeat hanna
- 5.@ Net - repeat dool, turning knees inward until under hips

Cha Yon Sae 자연세 (自然勢)

- Walking (natural) stance

- With low block - -> Ji J(h)a Sae (Gia Sae)

- Step forward (Ap-ro)to front
- Step backward (Twi-ro)to back
- Step left (Jau-ro)(Cha-ro)to left
- Step right (U-ro)to right

Kyeon Juk Sae 견적세 (Gyunjukse) (kyônjôk-se)

- Sword ready (on guard)

- Sword tip (gumko) just below eye level
- Handle of sword at danjun (just below navel, one fist out)

Daedo Sae 대도세 (大跳勢)(Taedo-se)

-Forward extended stance

- Front stance
- Lean forward until pants drape to hide foot
- Foward foot up 2 feet turned in 45 degrees
- Back foot turned in 45 degrees
- Feet turned 90 degrees to each other, front toes and rear toes on line

Daedo Kyeon Juk Sae 대도견적세

- Forward leaning stance with sword ready

- Sword gumko just below eye level
- More aggressive stance

- Practice drill

1. Turn to right, rotate hips, rotate feet, Daedo stance to rear
2. Repeat

Jo (Cho) Chun Sae 조천새 (朝天勢) (Choch'ôn-se)

- Preparation for downward cutting (hi attack) stance

- Daedo stance
- Sword 2 inches above forehead, blade 45 degrees from horizontal
- Arms bent at 90 degrees
- Transition to Jo Chun Sae
 1. Start in left front leaning stance (Daedo Kyeon Juk Sae)
 2. Turn body (NOT head or eyes) right, left shoulder toward sword handle (gumcharu), turning hips right into right Daedo Kyeon Juk Sae toward rear
 3. While turning, with wui su (only right hand) on gum, cut to right, low diagonal
 4. Slowly (5 seconds) turn blade clockwise out, then bring sword ridgeback to back, return right to left Daedo Kyeon Juk Sae, adding left hand (ssang su) to gum when gumcharu over head
 5. Stop at Jo Chun Sae

Sodo Sae 소도새

- Kneeling, low front stance

- Back leg close and bent low, ball of foot on ground
- Weight on BOTH feet, back upright
- May skip step forward with front leg and/or turn around with forward step

Sodo Chun Myeon Begi 소도정면 (正面) 베기

- Kneeling, low front stance, with straight center cut

Ji J(H)a Sae 지하새 (地下勢) (Gja Sae) (Chiha-se)

- Walking stance with low block with gumdo from Kyeon Juk Sae
- Used to clean dirt and blood from gum before chakgum

P'alsang Sae 팔상새 (八相勢)

- Hilt of sword at chest, sword pointed up (usually straight up)

Pom Sae범새 (凡勢)(Pôm-se)

- Tiger stance (back stance)

Pok Huo Sae 복호새 (復虎勢)(Pokho-se)

- Crouching Tiger Stance (fade stance)

Keum Kae Doklip

P'al Sang Sae 금계독립팔상새 (金鷄獨立八相勢)

(Gumgye) (Kûmgye) (Tyong yip) (dongnip)

- One leg crane (Golden Rooster) stance

- Transition to Keum kae doc lib p'al sang sae:
 1. From Ji Ha Sae (low block)
 2. Block across to left and back with gumteung (sword ridgeback)
 3. (Tolloyo) Turn gumko to pointing straight up by left shoulder
 4. With gum vertical, block across face to right shoulder while stepping forward to left leg up crane stance, left arm horizontal
 5. Wait 10 seconds, then step left, then right to Cha YonSae (walking stance), Kyeon Juk Sae (point sword)
- To reverse direction:
 1. Turn around to right to opposite direction front stance with horizontal cut
 2. Bring gum to vertical on right shoulder, right leg up crane stance, right arm horizontal
 3. Wait 10 sec, then step right to Cha Yon Sae, Kyeon Juk Sae

Kibon Donjak (Basic Techniques)

Cheong Myeon (naeryeo) Begi 정면 (正面) 베기 (Chungmyôn pegi)

- Center down cut
- 1 straight cut - from center of back to horizontal front (through all of mirror of self, to level horizontal.)(Control finish, imagine start of new draw)

Chao U Begi 좌우(左) 베기 (chaou begi) (chwa U pegi)

- Left-right cut

- 2 cuts

- Chwa pegi 좌 (左) 베기 Left cut
- U pegi 우 (右) 베기 Right cut

- left and right 15° off center, arcing from back, by ear

Sam Dan (naeryeo) Begi 삼단 (三段) 베기

- Three cuts

- 3 cuts - center, left and right

Huing Dan ilgum Begi 횡단 일검 (橫斷一劍) 베기 (hwengdan (ilkom) pegi)

- Horizontal cut

- Transition to Huing dan begi joonbe (ready):
 1. Gum to back then to left shoulder, horizontal, gumdo out, gumko back
 2. Cut horizontal through all of mirror self to right shoulder

Kwan Cha Begi 광자 (光字) 베기 (Gwangja pegi)

- Royal light cut

- Sequence of cuts that describe the Chinese character for light (the Chinese character pronounced 'Kwang,')
- 6 cuts - center, left, right, huing dan begi joonbe, left horizontal, high block (right side), diagonal kip' (slash) to left, high block (left side), diagonal slash to right

Eoo Begi 이어 베기 (to pegi)

- Double (continuing) cuts

- Walking stance (jo chun sae), step and cut (cheong myeon begi), and return step to original stance with same cut and kihap
- 16 cut drill
 - Step forward, cheong myeon begi (cut), repeat, (i.e. 2 forward)
 - Step backward, cheong myeon begi, repeat, (i.e. 2 backward)
 - 2 back, 2 forward
 - 2 right, 2 left
 - 2 left, 2 right.

Cha Oolyu Begi 좌올러 베기

- Left uppercut