




Blue Mountain

• MARTIAL ARTS •

Haidong Gumdo Student Handbook





A message from our founder, to our newest student, family, and friends:

Welcome to the Mountain! You've just taken your first steps on a wondrous journey. The path of the martial artist is one of physical prowess, courage, and wisdom. As you begin down this path, never forget:

"Why are you here?" asked the teacher.

"To train," replied the eager student.

"What is it that you wish to train?"

"My mind, and body."

"The mind. The body. This is a tall mountain. Why will you climb it?"

"Because it is there."


Words of encouragement.

I'm glad that you have found your way to our dojang. We pride ourselves on our commitment to excellence in martial arts, as well as the strength of our community. Each student makes our family stronger. So if you ever have any questions, please don't hesitate to ask.

I also hope you enjoy Haidong Gumdo, and I think you will do quite well. The sword has become a very important part of my life, and I'm sure the same will be true for you as well. I look forward to seeing you on the training floor.

Yours in the Spirit of Mudo,

John Jacobs
Master Instructor
Blue Mountain Martial Arts







What is Haidong Gumdo?

Haidong Gumdo is a Korean martial art specializing in the use of swords. “Haidong” refers to the light of the sun rising over the eastern sea (a reference to Korea itself), while “Gumdo” translates as “the Way of the Sword”. The art form itself is a reconstruction of ancient Korean swordsmanship, based upon the techniques in other Korean martial arts such as Gicheon and Shim Gumdo, as well as techniques derived from ancient martial arts manuals such as the *Muyedobotongji*.


Gumdo as we know it today is attributed to the work of Masters Na Ha Nil and Kim Jeong-Ho, President of the World Haidong Gumdo Federation. It is differentiated from other eastern styles of swordsmanship by its emphasis on battlefield tactics, rather than individual duels. In general, the style is circular and flowing, with dynamic stances rooted in movement, as opposed to stationary positions. (However, as you will soon learn, such rules are made to be broken!)

In your training, you will learn the practice of basic techniques (*kibon dongjak*), forms (*gumbup*), step sparring (*gyukgum*), sparring, energy building exercises from Gicheon and cutting practice (*begi*). *Paldo* and *chakgum* forms (drawing and sheathing the sword) will also be developed.

The essence of Haidong Gumdo is in *shimgum*, the unification of the mind, body and spirit expressing itself through the use of the sword. It implies a technical mastery of the sword, but transcends technical limitations. One can be “technically perfect” but still not achieve *shimgum*. One may also be technically imperfect and still achieve *shimgum*. *Shimgum* is what makes Haidong Gumdo not only a martial science but also a martial art.

In the words of swordsman Darrell Max Craig, “The aim of [Gumdo], and of all martial arts, is not the perfection of a physical technique, but the development of a flowing, flexible mind - a mind that is able to react to anything it confronts, instinctively, fearlessly, and without hesitation, regardless of the situation.”

And so, we find ourselves on a never-ending quest for self betterment. The wind rustles the grass at our feet, and we set foot on the path.



Etiquette

Remember, martial arts as a discipline can largely be characterized by their emphasis not just on physical technique, but on the development of the mind and the ki (personal energy). In that aim, please observe the following rules of etiquette in the dojang (martial arts school).

1) **Respect** – This is an easy word to say, but a difficult principle to master.

Respect is shown in the following ways:










- a. The bow – The first thing a new student is shown in a traditional Korean dojang is to bow (*kyung nae*). We bow to each other and we bow to our teacher. To bow properly is an art in itself, a demonstration of respect to ourselves and others.
- b. Sword handling – We typically use three types of training implements in Haidong Gumdo training. The mokgum (wooden sword), the kagum (dull practice sword), and jingum (real sword). Notice that all of these words carry the root “gum” (sword) and should be treated with respect and care. The mokgum is not a stick. It is a sword. If a student treats the mokgum as a stick, he will surely treat the jingum similarly, endangering himself and those around him. The sharp edge of the sword, when being carried, handed to another, or set upon the floor, should be aligned towards yourself. Presenting the edge towards another person is a sign of aggression, so when the sword is drawn, it should be ready to be used. Above all else, remember: To step into the dojang is to leave the mundane world behind us. We are here to train in the Way, and should conduct ourselves as such.
- c. Order – The sword is an extension of the self. Regardless of the type, the sword should always be kept polished, and oiled. The uniform should be neat and clean, with the belt tied correctly and the ends of equal lengths. This is part of the order of the dojang. When we line up for class, those of senior rank stand towards the front of the room. Unless instructed otherwise for space considerations, you should assemble lined up with those in front of you and those to your side. Likewise, if your sword is set upon the floor, it should line up with those in front of you. This is simply part of good etiquette.

2) **Focus** – “Do not stare into the eyes of your opponent: he may mesmerize you. Do not fix your gaze on his sword: he may intimidate you. Do not focus on your opponent at all: he may absorb your energy. The essence of training is to bring your opponent completely into your sphere. Then you can stand where you like, looking at a far mountain.” ~ Morihei Ueshiba

- a. Martial mind – There are several principles at play in the mind of the martial artist. For one, he is confident. Eyes up, head up, back straight, shoulders down, back, and relaxed. He moves as a ghost, one with sword and breath. This principle is summarized in three syllables: *Ki, gum, che* (spirit, sword, breath). A companion principle to this is that of *zanshin*. It refers to a state of awareness – of relaxed alertness. The literal translation of *zanshin* is "remaining mind". Fix your gaze upon the candle, the bamboo, the paper, your opponent. Sheathe your sword with intent. Do not allow your eyes to wander. Practice focus.




Ranking

Gup	Rank	Curricular Requirements	Equipment Requirements
9	White 	History, Philosophy, Etiquette, etc. Kibon Dongjak Ssang-su Gumbup 1 Gyukgum 1	Mokgum (wooden sword)
8	Yellow 	All previous content SSGB 2 Gyukgum 2 Candle snuffing (1 candle, straight cut)	Uniform
7	Orange 	SSGB 3 Gyukgum 3 Paper cutting (1 cut, left to right) Sparring (1 beat)	Sparring gear
6	Green 	SSGB 4 Gyukgum 4 Fruit toss-cut Sparring (2 beat)	
5	Blue 	SSGB 5 Gyukgum 5 Candle snuffing (1 candle, horizontal cut) Sparring (3 beat)	Kagum (practice sword)
4	1 st degree Brown 	SSGB 6 Gyukgum 6 Candle snuffing (2 candles, straight cut) Free Sparring ("Body part" rules)	
3	2 nd degree Brown 	SSGB 7 Gyukgum 7 Paper cutting (2 cuts, left, right)	
2	1 st degree Red 	SSGB 8 Paper cutting (3 cuts, left, right, left) Gicheon stance focus	
1	2 nd degree Red 	Wood break Prepare for black belt	Jingum (real sword)

Curricular requirements describe those forms, stances, and techniques to be learned while wearing the belt and rank depicted.

Equipment requirements describe that equipment needed BEFORE earning the belt and rank depicted. (The jingum is an exception, and is simply required in order to test for black belt.)



Equipment

<i>Equipment</i>	<i>Options</i>	<i>Pricing</i>
Mokgum	Lightweight or Heavyweight (to be determined by instructor)	\$25
Cloth sword bag		\$10
Embroidered leather sword bag		\$100
Uniform		\$115
Martial Arts Shoes		\$40
Sparring gear	Sword + Helmet	\$125
	Body Armor	\$130
	Gauntlets	\$40
Kagum	Aluminum Basic	\$250
	Aluminum Deluxe	\$350
	Heavyweight Basic	\$600
	Heavyweight Deluxe	\$700
	Custom*	-
Jingum	Signature Cutter †	\$800
	Turtle †	\$1500
	Haidong †	\$1680
	Tiger	\$1750
	Dragon	\$2300
	Custom*	-

Please be aware that prices for equipment may change depending on wholesale costs, costs of shipping, etc. All equipment used at the dojang is required to be purchased through the dojang. Outside equipment is not allowed for safety reasons. Please see your instructor with any questions, or to purchase equipment.


†These swords are offered at a lower price for students on a budget. They are safe and reliable for use in the dojang, but may not be allowed for WHDGDF testing and competition.

* Custom swords are available at a premium. See your instructor for details.

Testing Fees

To cover the cost of the physical belt, as well as rank certification by the World Haidong Gumdo Federation, the following fees are also due *prior to testing* for the rank listed.

<i>Rank</i>	<i>Fee</i>
Beginner (Yellow – Blue)	\$25
Intermediate (Brown – Red)	\$50
Advanced (Black Belt)	\$400

The background image is a collage. On the left, a person in a dark gi is performing a high kick or jump towards a goal. In the center, a person in a dark gi is in a dynamic pose, possibly a sparring drill. On the right, a large group of people, mostly in dark gis, are posed for a group photo. Above the group photo, there is Korean text: '제6회 광주광역시합회장기해동검' (6th Gwangju Metropolitan Martial Arts Association Long-term Hae Dong Geom) and '주최: 대한씨름협회 주관: 합회시합회' (Organized by: Korea Judo Association, Supervised by: Association Martial Arts Competition) and '일시: 2007년 4월 14일 장소: 광' (Date: April 14, 2007, Location: Gwangju).

Attendance and Special Events

Students should attend class on a regular basis. Please see your instructor if you are unable to do so. Make-up classes are not available, and missed classes may not be deducted from tuition. In addition, missed training may delay a student's progression through the ranks and curriculum.

- **Cancellations**

- Holiday related cancellations will be announced in class ahead of time if possible. In the case of weather related cancellations, we will do our best to notify you by phone, text message, or email. Please be advised that road conditions are highly variable in winter weather. (We are unfortunately not able to offer refunds for cancelled classes.)

- **Special Functions**

- Blue Mountain Martial Arts will sponsor or support several functions throughout your training. Such functions include training camps, seminars and tournaments. Some will be only a couple of hours while others may be conducted over several days.
- We recommend attending as many special functions as possible, especially functions that are hosted by Blue Mountain. Your support helps to ensure the success of all functions and it allows us to continually bring various instructors and concepts to all of the students. Though you may not be able to attend every school function, you will directly and indirectly benefit from them. Some of the school functions include:

- **Belt Tests**

- Colored Belts will most often test during regular class time. However, it's supposed to be a big event. Please invite friends and family, and do your own best to attend, even if you are not personally testing. These evenings typically run later than our typical class.
 - Black Belt testing will often be held as part of a special regional seminar weekend.

- **Seminars**

- In-house and external instructors periodically conduct special seminars and workshops.

- Tournaments

- Many opportunities for competition exist, at the dojang, regional, national, and even international levels.

- Demonstrations

- Public demonstrations will periodically be conducted as school functions. It helps to have more people present and to really show the best that our art has to offer. Class time will usually be set aside in order to prepare for the show, and we do some fun things as part of these demos that you might not be exposed to at other times, such as sword dancing or choreographed sparring routines. It's fun, and the pressure of being on display is great for practicing motivation.

Gumdo Vocabulary List

Basic Commands

<i>Original Korean</i>	<i>Romanized</i>	<i>English Translation</i>
차렷	<i>Charyot</i>	Attention
경례	<i>Kyung nae</i>	Bow
바로	<i>Baro</i>	Relax; at ease
준비	<i>Joonbi</i>	Ready
시작	<i>Sijak</i>	Begin
발도	<i>Paldo</i>	Draw Sword
착검	<i>Chakgum</i>	Sheathe Sword
견적	<i>Kyonjeok</i>	Center ready; Center aim
기합	<i>Kihap</i>	Yell; Shout
자세바꾸세요	<i>Chase pakkuseyo</i>	Change stance to face the rear
자세 집중	<i>Jase Jipjung</i>	Stance Focus
베기 집중	<i>Begi Jipjung</i>	Cutting Focus
방어 집중	<i>Bangeo Jipjung</i>	Defense Focus
찌르기 집중	<i>Jjirugi Jipjung</i>	Thrusting Focus

Stances

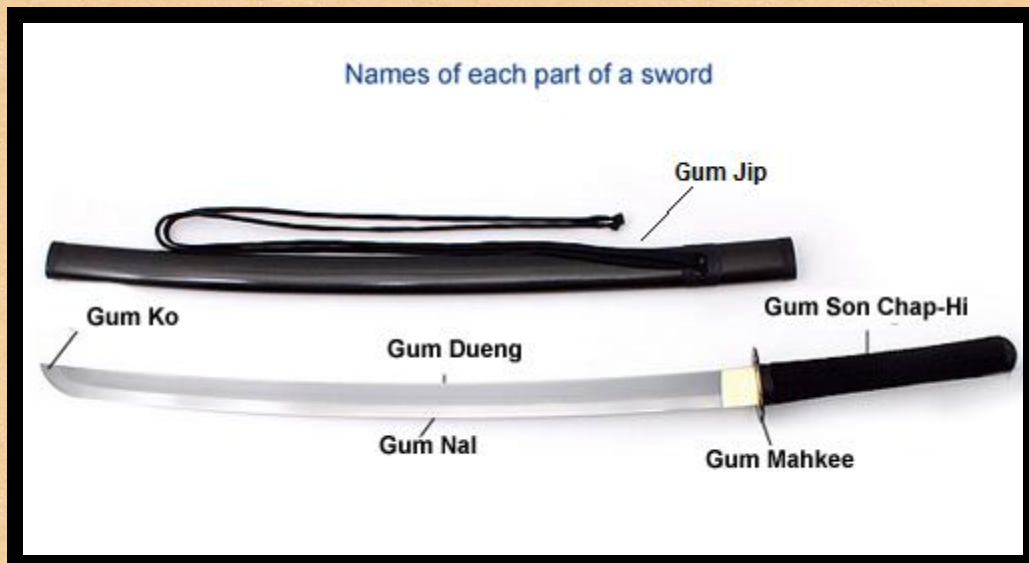
<i>Original Korean</i>	<i>Romanized</i>	<i>English Translation</i>
자연세	<i>Chayôn-se</i>	Walking Stance
대도세	<i>Daedose</i>	Long Front Stance
소도세	<i>Sodose</i>	Short Front Stance
기마세	<i>Gimase</i>	Horse Stance
조천세	<i>Jochonse</i>	Upper Ready Stance
팔상세	<i>Palsangse</i>	Sword held vertically at the ready
금계독립팔상세	<i>Gumgye dongnip p'alsang-se</i>	Rooster Stance
지하세	<i>Jihase</i>	Lower Ready Stance
범세	<i>Bumse</i>	Tiger Stance
복호세	<i>Bokose</i>	Crouching Tiger Stance

Cuts

<i>Original Korean</i>	<i>Romanized</i>	<i>English Translation</i>
정면베기	<i>Chungmyôn begi</i>	Straight cut
좌베기	<i>Chwa begi</i>	Left cut
우베기	<i>U begi</i>	Right cut
횡단베기	<i>Hwengdan begi</i>	Horizontal cut
이어 베기	<i>Io begi</i>	Double cut
삼단베기	<i>Samdan begi</i>	Three-combination cut
광자베기	<i>Kwangja begi</i>	Secret of Light cut (6 cuts)
태산 베기	<i>Taesan begi</i>	Great Mountain cut (4 cuts)
유성 베기	<i>Yuseong begi</i>	Shooting Star cut (6 cuts)
쾌검 베기	<i>Gwaegum begi</i>	Speed Sword cut (9 cuts)
팔번 베기	<i>Palbeon begi</i>	8 Directions cut

Miscellaneous

<i>Original Korean</i>	<i>Romanized</i>	<i>English Translation</i>
검제자	<i>Gumdosa</i>	One who practices gumdo
유단자	<i>Yudanja</i>	Black belt
사범님	<i>Sabumnim</i>	Master
관장님	<i>Kwangjangnim</i>	Grandmaster
목검	<i>Mokgum</i>	Wooden Sword
가검	<i>Kagum</i>	Dull Practice Sword
진검	<i>Jingum</i>	Real Sword
발도	<i>Mudo</i>	Martial Arts (“The Way”)
감사합니다	<i>Kamsa hamnida</i>	Thank you





Practice

Regular practice is essential for those who truly desire to master the sword. The sword is an extension of the self, and so when we practice, we are truly tempering our body as well as our mind. This includes regular attendance at class training, but it also means training at home; practicing on your own outside of class. Be careful not to declare mastery after one success. You have to know yourself; know your body and mind. You have to be able to tell when the tip of your sword is one second too slow, or the angle of your cut is one degree off of perfection, and you have to be willing to put in the time and repetition to make every movement exact and precise, every single time. This is truly the path of the martial artist.

But how can you practice at home without damaging your house? When the weather is nice, practice outdoors if possible. Attend one of our park practices. It's possible someone else will see and be inspired by your dedication. Don't worry about finding the perfect terrain. Battles are not fought in the dojang with its nice wooden floors, so learn to balance on a hill.

But what if weather conditions really prevent this kind of training? Stay inside, and practice your Gicheon stance-work. Meditate. Play a strategy game such as chess or the ancient Chinese game *go* (*baduk* in Korean). It is often said that the sword is a general's weapon. It is the weapon of the commander, not the foot soldier. And so you must develop the mind of a general. Read a martial arts book. There are several that are worth your time, and there's no reason to limit yourself to those on Korean martial arts. Here are some classic suggestions:

Sun Tzu, *The Art of War*

Miyamoto Musashi, *The Book of Five Rings*

Camillo Agrippa, *A Treatise on the Science of Arms* (and related works)

Morihei Ueshiba, *The Art of Peace*

Paul Budden, *Looking at a Far Mountain*

Joshua Marino, *Kwanjangnim Original: Haidong Gumdo*

There are certainly many other texts that may be of benefit to the Haidong Gumdo practitioner, but these will suffice to get you started. Be sure to set aside regular time during your day for practice. There's nothing quite like greeting the sun with *Gimase*.

In the end, the rabbit hole goes as deep as you're willing to dig it yourself. Haidong Gumdo is supposed to be a way of life. So try a traditional Korean meal. Learn a bit of the language. Study some related skills; whatever you find appropriate to better develop yourself physically, mentally, and indeed spiritually as a martial artist. This is the way of the warrior.

