

## SELECTED TERMINOLOGY USED IN US HAEDONG KUMDO ASSOCIATION

Char-ryet - Come to attention  
Kyongn-ye - Bow  
Baro – Relax – Return to ready / 'At ease'  
Chunbi Get ready  
Sijak Start  
Baldo – Draw Sword  
Chakkum – Sheathe sword  
kyon-juk - Aim  
Kihap - Short exhalation of breath, often in combination with a cut.  
Kwan Jang(Nim) - Master  
Sabom(Nim) - Instructor  
Bu-sabom(Nim) - Assistant instructor  
Ch'o-dan – 1st Degree Black Belt  
Yu-Dan-ja - A black-belt of any grade  
Ko-Dan-ja - 3rd dan or higher  
Do-bok - Uniform)  
Do-jang – Gym / Training Hall

### STANCES

Jayeon-se - Standing in a natural (short stance) posture  
Daedo-se - Long or high stance (lit: great stance)  
Sodo-se - Short or low stance (Lit: small stance)  
Kima-se - Horse-riding stance  
Joch'on-se - Upper ready stance  
P'alsang-se = This is any position where the sword is held vertically (normally) on the right hand side with the hilt at chest height.  
Kumgye dongnip p'alsang-se = Stand on one leg (normally left). Raised foot should point down. The sword is normally held vertical on the right side.  
Jiha-se - Lower ready stance  
Beom-se - Tiger stance / back stance

### CUTS

Jungmyon begi - Straight or centre cut  
Ja begi - Left Cut  
U begi - Right Cut  
Hwengdan ilgom begi -Horizontal cut  
Ollyo begi - Upwards cut  
Chirugi - Thrust / stab  
Loe begi - Double Cuts  
Ch'otbul KKugi - Candle extinguishing  
Taenamugi - Bamboo cutting  
Sinmunji begi - Newspaper slicing  
Kagmok charugi - Board breaking



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# Student Guide



## Korean Sword Art

- [www.haedongkumdo.us](http://www.haedongkumdo.us) -

**7 Tenents**

1. Integrity
2. Concentration
3. Perseverance
4. Respect & Obedience
5. Self-Control
6. Humility
7. Indomitable Spirit

**5 Codes of Conduct**

- Loyalty to Country
  - Obedience to Parents
  - Honor Friendship
  - No Retreat in Battle
  - In Fighting, Choose with Sense & Honor
- 

**Student Creed**

I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or my physical health.

I intend to develop self-discipline in order to bring out the best in myself and others.

I intend to use what I learn in class constructively and defensively; to help myself and others, and never to be abusive or offensive

We're a Black Belt School,  
We are motivated,  
We are dedicated,  
We are on a quest to be the best!

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**Purpose of Training**

The purpose of training in Haedong Kumdo is the improvement of physical and mental health by cultivating physical capabilities & developing a strong spirit (Mental Strength). There are 9 under Black Belt grade levels and 9 Black Belt levels.

Haedong Kumdo practice consists of:

- Soo Gi – Hand techniques
- Jok Gi – Kicking techniques
- 체조 – Falling and rolling practice
- Kumbubs – Sword familiarity training
- Kyukgum – Cut and thrust training
- Bey Gi – Cutting practice

**Types of Training**

- Neh Gong – Internal Training (Study)
- Weh Gong – Physical Training
- Shim Gong – Spiritual Training (Mental)
- Ki Gong – Internal Energy Training



**We Welcome you to the beautiful sword art of Haedong Kumdo**