

# BKMAS Sword Training

## 베이스 한국 무술 학교 칼 훈련



### Type of Sword

There are many different types of Korean swords. The sword used should be the same type used by the Royal Palace Guards during the Silla Dynasty of ancient Korea. The blade is straight and measures 24 to 24 1/2 inches in length from the sword's hand-guard to the tip of the blade. The hand-guard is oval and large enough to protect the entire hand.

The only comparable replica sword available on the market today is what is commonly referred to as a "ninja sword". You may have to make one modification to the sword. If possible, purchase a sword with a large hand-guard, 4 inches in diameter, and shape it until it is oval. The "ninja sword" hand-guard is square, so it should be altered. However, if you have no way of altering the hand-guard or you are unable to find a sword with a large enough hand-guard, you could use the sword "as is". Another alternative is to use a replica Japanese *katana* sword. Though the blade of the katana is curved and longer, it may be used if no other sword can be found.

A replica *ninja* sword can be purchased from martial arts supply stores throughout the world. You can find them being advertised in most magazines and on the internet. When purchasing a sword it is important to know the length of the tang. The *tang* is the part of the blade which becomes the handle. Some *tangs* are only a half to two-thirds the length of the handle. With a few powerful practice cuts the handle could snap. The longer the *tang* the better. Try and purchase a sword with a full-length *tang*.

### Terminology

Korean	English	Korean	English
Jang Gum	Sword	Baegi	Cut
Kul-Da	Drawing the sword	Chirugi	Thrust
Chae Dan	Cutting movements	Chung Myon Nedo Baegi	Straight cut
Se Tak	Cleaning the blood from the blade	Chwa oo baegi	Horizontal cut
Gum Jip	Sheathing the sword	Sa Sun Nedo Baegi	45° downward cut
Gum Dae Ryun	Sword sparring sets	Ohlyo Baegi	45° upward cut
Mok Gum	Wooden sword	Jung Hu Baegi	Turn and cut
Jugdo	Bamboo sword	Ja Yeon Se	Walking Stance
Kak Gum	Blunt sword	Horang-I Se	Tiger Stance
Chin Gum	Live sword	Sodo-se	Long Stance
Yul Ki Cho Baegi	10 Basic cuts	Tashi	Again
Gum Jaru	Handle	Ro	Step
Gum Mak-e	Guard	Apooro	Forward stepping
Gum Nal	Sharp edge	Deroo	Backward stepping
Gum Ko	Tip	Chwaro	Left stepping
Gum Tong	Back	Ooro	Right stepping
Ho Meh	Blood groove	Gum no sae yo	Placing the sword
Gum Chib	Scabbard	Gum do sae yo	Retrieving the sword

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### Placing/Retrieving the Sword on/from the Floor

- Choon be
- Pivot the left foot and step left
- Kneel on right knee
- Place sword on the floor (blade facing away)
- Stand up
- Choon be
- (To pick up the sword do the above steps in reverse)

### Wearing the Sword

- The sword is to be worn on the left hand side.
- The scabbard should be held in place between the loops of your belt.
- The blade is to be facing upward.

### Carrying the Sword

- The sword is to be carried in the left hand.
- The scabbard is to be tucked behind the left arm.
- Arm to be by side.
- The blade is to be facing toward the rear.

### Choon Be

- Stand to attention
- Bow
- Bring hands to chest
- Step out with left leg (feet shoulder width apart)
- Snap hands down to waist
- Slowly move hands to scabbard and handle

### Basic Kul Da

- Choon Be
- Draw the sword from the scabbard in one motion with the right hand
- Cut horizontally to 45° in front to the right, stepping forward into long stance, right leg forward
- Bring the sword back to the right shoulder (blade pointing vertically) stepping back with feet together

### Basic Gum Jip

- Make a "V" with your thumb and fore-finger around the scabbard
- Place the back of the sword into the "V"
- Draw the back of the sword along your hand until the tip of the sword falls into the scabbard
- Slide sword in, in one motion



### Yul Ki Cho Baegi (10 basic cuts)

Cut Number	Cut
1	Straight downward
2	Downward 45° to the Left
3	Downward 45° to the Right
4	Horizontal (right or left)
5	Straight Upward
6	Upward 45° to the Left
7	Upward 45° to the Right
8	Straight Thrust
9	Inverted Thrust
10	Horizontal Thrust

The yul ki cho baegi (10 basic cuts) are the foundation of sword practice. Students, using the mok gum (wooden sword), move up and down the training floor repeating each cut over and over again.

The scabbard is slid into the belt, sharp edge of the blade facing upward. Some Korean sword schools require the blade face downward, but this is the "exception" and not the rule. The sword was kept in the belt in order to free the hands of the practitioner when not engaged in combat. When using two hands to grip the handle of the sword the right hand (for a right-handed swordsman), is against the hand-guard. The left hand is at the bottom of the handle. If the left hand were to grab further up on the handle the movements would lack both speed and power.

These "cuts" are the basis of all Korean Sword cuts and thrusts. Any other type of thrust or cut is merely a variation of these 10 basic cuts.

The 10 Basic Cuts are practiced as 2-Handed and 1-Hand Cuts or motions. As with all techniques, the movements must be precise, and are therefore practiced on a regular basis. The practitioner must be able to control even the minutest movement of the sword in order to insure exactness and precision. The 10 Basic Cuts are practiced both at normal speed and in a slow-motion to help insure the accuracy of the Cuts.

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## Jip Joong Gum (Sword Concentration)

1. Choon be
2. Kul Da
3. Slide forward cut 1
4. Slide forward cut 1
5. Slide forward cut 2 and cut 3
6. Turn 180°, feet together, cut 4 left then right
7. Step forward cut 1
8. Slide forward cut 1
9. Slide forward cut 2 and cut 3
10. Turn 180°, feet together, cut 4 left then right
11. Step back with left leg cut 5
12. Step back cut 6 then cut 7
13. Step forward cut 8
14. Slide forward cut 9
15. Slide forward cut 10
16. Turn 180°, feet together, cut 4 left then right
17. Step back with left leg cut 5
18. Step back cut 6 then cut 7
19. Step forward cut 8
20. Slide forward cut 9
21. Slide forward cut 10
22. Turn 180°, feet together, cut 4 left then right
23. Se Tak and Gum Jip
24. Choon be



## Practice Movement 1

- Kul Da and step 45° back with the left leg, cut 2, with one hand
- Step back with the right leg, cut 7 with one hand
- Step back with the left leg, cut 1 with 2 hands, ki hap
- Se Tak
- Gum Jip and Choon be

## Practice Movement 2

- Kul Da and step 45° back with the left leg, cut 2 with one hand
- Spin 360° cut 1 with two hands
- Cut 8 with one hand, ki hap
- Se Tak
- Gum Jip and Choon be

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### Practice Movement 3

- Kul Da and step forward with the right leg, cut 6 with one hand
- Cut 7 with two hands
- Cut 9 with two hands, ki hap
- Se Tak
- Gum Jip and Choon be

### Practice Movement 4

- Kul Da
- Turn 180 with right leg forward, cut 6 with one hand
- Jump and step forward with left leg, cut 3 with two hands
- Se Tak
- Gum Jip and Choon be

### Practice Movement 5 (2 Students)

Student 1	Student 2
Kul Da	Kul Da
Step forward with right leg, cut 2	Step back with right leg, cut 6
Step forward with left leg, cut 3	Step back with left leg, cut 7
Step back with right leg, cut 6	Step forward with right leg, cut 2
Step back with left leg, cut 7	Step forward with left leg, cut 3
Se Tak	Se Tak
Gum Jip and Choon be	Gum Jip and Choon be

### Practice Movement 6 (2 Students)

Student 1	Student 2
Kul Da	Kul Da
Step forward with right leg, cut 1	Step back with right leg, cut 6 high
Slide forward with right leg, cut 1	Slide back with right leg, cut 7 high
Step back with right leg, cut 6 high	Step forward with right leg, cut 1
Step back with left leg, cut 7 high	Slide forward with right leg, cut 1
Se Tak	Se Tak
Gum Jip and Choon be	Gum Jip and Choon be



### Wae Gum (Japanese Sword)

Japanese swordsmanship was clearly recognized as superior to that of the sword techniques of China or Joseon in the 16th century, so King Sukjong ordered Kim Che-gun to acquire the techniques and text books of the Japanese. Four styles of 16th century Japan are recorded in the Wae Gum section of the Mu-Ye- Do-Bo-Tong-Ji: Toyu Ryu, Woonkwang Ryu, Chunryu Ryu, and Ryupee Ryu.

### Wae Gum – Ryupee Ryu

1. Choon Be, Kul Da
2. Step forward right leg, cut 8
3. Step forward left leg cut 1
4. Step back left leg cut 1
5. Step back right leg cut 1
6. Se Tak + Step forward right leg cut 6 (high)
7. Step forward left leg cut 1
8. Feet together sword to shoulder
9. Step forward right leg cut 8
10. Feet together sword to shoulder
11. Step forward right leg cut 8
12. Step forward left leg cut 1
13. Step back left leg cut 1
14. Step back right leg cut 1
15. Se Tak + Step forward right leg cut 6 (high)
16. Step forward left leg cut 1
17. Feet together sword to shoulder
18. Se Tak, Gum Jip, Choon Be

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### Wae Gum – Woonkwang Ryu

1. Choon Be, Kul Da
2. Step forward right leg cut 1
3. Step forward left leg cut 1
4. Feet together cut 1
5. Jump cut 1, step right leg forward cut 8
6. Slide forward cut 5
7. Stamp right leg forward cut 1
8. Slide forward cut 1
9. Slide forward cut 1
10. Jump cut 1
11. Pivot 180, right leg forward, high block
12. Stamp right leg forward cut 1
13. Step forward left leg cut 1
14. Step forward right leg cut 1
15. Jump cut 1
16. Stamp right leg forward cut 1
17. Slide forward cut 1
18. Slide forward cut 1
19. Jump cut 1
20. Pivot 180 sword to shoulder
21. Step forward right leg cut 1
22. Step forward left leg cut 1
23. Step forward right leg cut 1
24. Jump cut 1
25. Se Tak, Gum Jip, Choon Be



### Wae Gum – Toyu Ryu

1. Choon Be
2. Kul Da
3. Step forward with right leg, cut 2
4. Lift left knee through, cut 3, step down bringing the sword to the shoulder
5. Slide forward, cut 2
6. Step forward, cut 4 (high)
7. Step forward, cut 1
8. Step forward, cut 4
9. Step forward, cut 1
10. Step up, feet together, shoulder sword
11. Step forward with right leg, cut 2
12. Slide forward, cut 8
13. Side forward, cut 4
14. Step forward, cut 4
15. Step forward, feet together, shoulder sword
16. Step forward with right leg, cut 4
17. Step forward, feet together, shoulder sword
18. Step forward, cut 2 then 7
19. Step forward, cut 1
20. Step forward, feet together, shoulder sword
21. Jump forward, cut 1
22. Jump forward, cut 2
23. Jump forward, cut 3
24. Step back with left leg, high defence
25. Step forward with left leg, cut 1
26. Step forward, cut 1
27. Slide forward, cut 1
28. Step back with left leg, high defence
29. Bring sword behind the head
30. Turn 45 right, stepping through with left leg, cut 1
31. Turn back 45 right, shoulder sword
32. Se Tak, Gum Jip, Choon Be



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### Wae Gum – Chunryu Ryu

1. Choon Be, Kul Da
2. Step forward right leg cut 1
3. Slide forward cut 8
4. Slide forward cut 4
5. Step forward left leg cut 1
6. Jump cut 1
7. Jump cut 1
8. Step forward left leg, high block (1 hand on handle, 1 hand toward point)
9. Slide forward cut 8 (1 hand on handle, 1 hand on back)
10. Step forward right leg high block (1 hand on handle, 1 hand toward point)
11. Step forward left leg cut 1
12. Step forward right leg high block
13. Slide forward cut 1
14. Feet together sword to shoulder
15. Turn 180
16. Step forward right leg high block
17. Step forward left leg cut 1
18. Step forward right leg high block
19. Step forward left leg cut 1
20. Feet together sword to shoulder
21. Step forward left leg cut 1 – 1 hand
22. Step forward right leg cut 1
23. Slide forward cut 1, high block
24. Step forward left leg cut 1
25. Feet together sword to shoulder
26. Turn 180
27. Jump (forward and slightly left) cut 1 high block
28. Step forward left leg cut 1
29. Feet together sword to shoulder
30. Step forward right leg cut 1
31. Step forward left leg cut 1
32. Feet together sword to shoulder
33. Se Tak, Gum Jip, Choon Be

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### Ssang Su Do

Traditionally the Ssang Su Do is a 6-foot-5-inch (1.96 m) sword from Japan. It is so powerful that it can cut or break another sword upon striking it. Japanese gunmen also used this sword as a sidearm for close range combat. The Ssang Su Do is also known as the Jang Do, Yong gum or Pyong gum.

1. Choon Be, Kul Da
2. Spin sword to the side, lift right knee, point of sword to heel
3. Step forward right leg cut 1
4. Step forward left leg cut 2
5. Step up, crossing legs, right leg in front, high block
6. Step forward left leg reverse stance, high block, left hand high chop
7. Step forward right leg cut 1
8. Slide forward cut 1
9. Slide forward cut 1
10. Step back and jump 360
11. Step forward right leg cut 1
12. Spin sword
13. Jump forward, kneel on left knee, sword point to floor
14. Step back right leg, sword behind back, point facing up, left hand centre chop
15. Step forward right leg (high knee) cut 1
16. Step forward left leg reverse stance, high block, left hand high chop
17. Step forward right leg cut 1
18. Slide forward cut 6
19. Slide forward cut 7
20. Slide forward cut 6
21. Slide forward cut 1
22. Step forward left leg reverse stance, high block, left hand high chop
23. Step forward right leg cut 1 then cut 8
24. Step back right leg and pivot 180 cut 4
25. Slide forward circle sword above head
26. Step forward right leg circle sword above head, turn 180 high block
27. Turn 360 left leg forward reverse stance, high block, left hand high chop
28. Step forward right leg cut 1
29. Jump forward, kneel on left knee, sword point to floor
30. Step back right leg cut 2 (1 hand)
31. Step forward left leg then right leg cut 2
32. Jump forward, kneel on left knee, sword point to floor
33. Step forward right leg cut 1
34. Slide forward cut 1
35. Slide forward cut 1
36. Jump back 360 right leg forward
37. Slide forward cut 1
38. Slide forward cut 1
39. Jump forward, kneel on left knee, sword point to floor
40. Step back left leg cut 2
41. Circle behind shoulder cut 4

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42. Circle behind shoulder cut 4
43. Step forward then right leg jump front kick
44. Cut 6 and 7 turning 360, left hand punch
45. Se Tak, Gum Jip, Choon Be

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### Bon Kuk Gum

Powerful swordmanship of the Hwarangdo warrior group of Shilla kingdom of ancient Korean

1. Choon Be, Kul Da
2. Turn 180
3. Kihap, turn 180, lifting right leg high, cut 6, step down with right leg, cut 1
4. Turn 180, left leg forward, sword to shoulder, lift left knee
5. Step forward, right leg, cut 1
6. Turn 180, left leg forward, forward, sword to shoulder, lift left knee
7. Step forward, right leg, cut 1
8. Step forward, left leg, figure eight spin with right hand followed by cut 8
9. Turn 180, right leg forward, cut 1
10. Turn 180, left leg forward, cut 1
11. Turn 270, right leg forward, cut 6
12. Step forward, left leg, figure eight spin with right hand followed by cut 8
13. Turn 180, left leg forward, cut 10
14. Spin 270, feet side by side, cut 1, jump forward, right leg forward, cut 1
15. Figure eight spin with right hand followed by cut 8
16. Turn 180, left leg forward, sword above head
17. Turn back 180, right leg forward, sword above head
18. Bring feet side by side, sword to shoulder
19. Turn 180, lifting right leg high, cut 6, step down with right leg, cut 1
20. Turn 180, left leg forward, sword to shoulder, lift left knee, step down with left leg, cut 1
21. Turn 180, lifting left leg, sword to shoulder
22. Step forward with left leg, cut 4 (right to left)
23. Spin backward, with right leg forward, cut 4 (left to right)
24. Step forward with left leg, cut 8
25. Turn 180, right leg forward, cut 1
26. Bring right knee up, sword to shoulder
27. Step down with right leg, step forward with left leg, cut 2
28. Spin 360, take 3 steps forward quickly, sword in right hand, final step with left leg forward, cut 10
29. High cut 6
30. Turn 180, right leg forward, cut 1
31. Step forward, left leg forward, figure 8 spin, cut 8
32. Turn 180, left leg forward, sword in left hand cut 6 high
33. Step forward, right leg forward, cut 1
34. Slide forward, right leg forward, cut 1
35. Take 3 quick steps forward, final step, right leg forward, cut 6 high
36. Lengthen stance, right leg forward, cut 8
37. Se Tak, Gum Jip, Choon Be