

# SWORD ARTS INTERNATIONAL

## 10th Gup White Belt

### GUM-DO TECHNICAL INFORMATION

#### White Belt Testing Requirements

- A. Basics = 1st Stripe
  - 1. Standard Draw & Sheath (Slow)
  - 2. Downward #1 Cut
  - 3. Ready Stance-Front Stance-Middle Stance-Walking Stance
  - 4. Right & Left High Blocks
- B. Form = 2nd Stripe
  - 1. White Belt Form = 14 moves
  - 2. Great Attitude
  - 3. All of the above
- C. One-Step Sparring = 3rd Stripe
  - 1. One-Step sparring #1&2 with partner
  - 2. Testing ready

#### Terminology

**Joon Bee:** Ready Position  
**Bahroh:** Return to Ready Position  
**Show:** Bow & Say Thank you Sir/Ma'am  
**Charyut:** Attention  
**Kunyah:** Bow  
**Gum-do:** The way of the Sword  
**Gum:** The Sword  
**Mok-Gum:** Wooden Sword  
**Jin-Gum:** Sharp sword (live blade)  
**Kah-Gum:** Practice dull imitation metal sword  
**Juk-Do:** Bamboo Sword

#### White Belt Form

| <u>Description</u>   | <u>Stance</u> |
|--|---------------|
| 1. Step forward, Draw, come to ready position              | RW            |
| 2. Slide Step forward – Downward #1 cut                    | RW            |
| 3. Slide Step forward – Downward #1 cut                    | RW            |
| 4. Slide Step Backward – Downward #1 cut                   | RW            |
| 5. Slide Step Backward – Downward #1 cut                   | RW            |
| 6. Step to Right – Right high block                        | RFr           |
| 7. Step forward – Downward #1 cut                          | LFr           |
| 8. Turn to Left (180 deg) – Left high block                | LFr           |
| 9. Step forward – Downward #1 cut                          | RFr           |
| 10. Turn left (90 deg) step forward – Downward #1 cut      | RW            |
| 11. Step forward – Downward #1 cut                         | LW            |
| 12. Turn to right (180 deg) step forward – Downward #1 cut | LW            |
| 13. Step forward – Downward #1 cut                         | RW            |
| 14. Return to Ready Position                               | RW            |

Bahroh – Re-Sheath

#### Stances:

RW = Right Walking Stance  
 LW = Left Walking Stance  
 RFr = Right Front Stance  
 LFr = Left Front Stance

#### One-Step Sparring

(A) = Attacker

(D) = Defender

1. A – Slide step forward (RW) – Downward #1 cut  
 D – Left High Block (RW)  
 D – Downward #1 cut (RW)  
 A – Right High Block (RW)  
 Return to Ready Position
2. A – Slide step forward (RW) – Downward #1 cut  
 D – Right High Block (RW)  
 D – Downward #1 cut (RW)  
 A – Left High Block (RW)  
 Return to Ready Position

#### Tenets of Gum-Do

**Piety:** Loyalty and Devotion  
**Courtesy:** Polite with kindness & civility  
**Justice:** Lawful, impartial & honest  
**Faithfulness:** A true believer, loyal, truthful & sincere  
**Intelligence:** Ability to gather info. & respond quickly and successfully  
**Virtue:** Good moral qualities, the right actions  
**Physical Soundness:** The body is strong & agile

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**White Belt Form Diagram**

