

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

Description

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

Stance

- RW
- RW
- RW
- RW
- RW
- RFr
- LFr
- LFr
- RFr
- RW
- LW
- LW
- RW
- 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

