



World Hankimuye Federation

Hankumdo Black Belt Curriculum

Hankumdo etiquette

1. Safety first!
2. Greeting at the start of class start with the sword on your right side, the blade pointing towards you. After greeting you bring the sword to you left side, blade pointing up.
3. When you hand your sheathed sword to someone, you do this with the blade pointing towards you and the handle of the sword in your left hand.
When you hand someone a unsheathed sword, you do so with the sword in your right hand with a reversed grip. The tip of the sword points away from the receiver. The blade points away from you. Support your right hand with your left hand.
4. When you are standing with your sword on your side. The tumb of your left hand is on the guard. Your right hand hold your sword handle with a reverse grip.
5. Don't play around with your sword. When you are listening to instruction, keep you sword in the sheath. Even though you practice with a wooden sword, handle as if it is a real sword.

Hankumdo 1st dan

A candidate can test for 1st dan in the year he or she reaches his/her 16th birthday.

At the test a wooden practice sword (mokgeom) must be used.

Drawing and re-sheathing the sword

Baldo (sword drawing)

1 step, offensive

1. Supyeong - horizontal
2. Su-jik – straight forward down
3. Daegak (ollyeo) – straight forward up

Napdo (sword re-sheathing)

Basic, right foot forward

1. Supyeong - horizontal

Basic strikes

1 step, forward, offensive, 90 degree turn

1. Naeryeo begi – vertical strike downward
2. Bitgyeo begi – diagonal strike downward
3. Supyeong begi – horizontal strike
4. (Bitgyeo) ollyeo begi – diagonal strike upward
5. Jjireugi (jeon-, hubang) – stab (front, back)

Application strikes

Naeryeo begi +

1. Naeryeo begi
2. Bitgyeo begi
3. Supyeong begi
4. Ollyeo begi
5. Jjireugi

Bitgyeo begi +

1. Ollyeo begi (jwa/u, u/jwa)

Hankumdo

Hankumdo junbi-undong (warming up)

1. Mok-undong – neck turning
2. Gigeom Mok-undong – neck turning + sword draw
3. Gigeom heori-undong – waist turn + sword draw
4. Gigeom sang-ha-jwa-u-undong – block high, low, left, right + sword draw
5. Gigeom ottugi sik hubang-nakbeop – block high, tumbler + sword draw
6. Gigeom jeonbang-nakbeop – front roll + sword draw
7. Gigeom hubang-ipgi-nakbeop – back roll + sword draw
8. Gigeom jeon, hubang-ipgi-nakbeop – front and back roll + sword draw

Hankumbeop

1. Ja-eum geombeop: consonants
2. Mo-eum geombeop: vowels

Hankumdo 2nd dan

Between testing for 1st and 2nd dan a minimum of two year time in grade should be observed.

The test must be carried out using an aluminum practice sword (gageom).

Drawing and re-sheathing the sword

Baldo (sword drawing)

1 and **3 step**, offensive

1. Supyeong - horizontal
2. Su-jik – straight forward down
3. Daegak (ollyeo) – straight forward up

Napdo (sword re-sheathing)

Basic, right foot forward

1. Supyeong – horizontal
2. Sujik - straight

Basic strikes

1 and **3 step**, forward, offensive, 90 and **180 degree turn**

1. Naeryeo begi – vertical strike downward
2. Bitgyeo begi – diagonal strike downward
3. Supyeong begi – horizontal strike
4. (Bitgyeo) ollyeo begi – diagonal strike upward
5. Jjireugi (jeon-, hubang) – stab (front, back)

Siljeon begi

Real cutting (bamboo and/or tatami)

- Bitgyeo begi

Application strikes

Naeryeo begi

1. Naeryeo begi (from 1-c)

Bitgyeo begi

1. Hubang jjireugi (from 1-b)
2. Supyeong begi, yeoksu bitgyeo begi from the shoulder (1-d)

Supyeong begi

1. Sitting on knees to standing heori begi

Ollyeo begi

1. 360 turn ollyeo begi

Jjireugi

1. Supyeong begi convert to hubang jjireugi (1 and 3 step)

Yesang Geombeop

1. Yesang Geombeop 1 a, b, c, d, e

Hankumdo

Hankumdo junbi-undong (warming up)

1. Mok-undong – neck turning
2. Gigeom Mok-undong – neck turning + sword draw
3. Gigeom heori-undong – waist turn + sword draw
4. Gigeom sang-ha-jwa-u-undong – block high, low, left, right + sword draw
5. Gigeom ottugi sik hubang-nakbeop – block high, tumbler + sword draw
6. Gigeom jeonbang-nakbeop – front roll + sword draw
7. Gigeom hubang-ipgi-nakbeop – back roll + sword draw
8. Gigeom jeon, hubang-ipgi-nakbeop – front and back roll + sword draw

Hankumbeop

1. Ja-eum geombeop: consonants
2. Mo-eum geombeop: vowels

Hankumdo 3rd dan

Between testing for 2nd and 3rd dan a minimum of three year time in grade should be observed.

The test must be carried out using real sword (jingeom).

Drawing and re-sheathing the sword

Baldo (sword drawing)

1 and **3 step**, offensive, **defensive 1 step**

1. Supyeong - horizontal
2. Su-jik – straight forward down
3. Daegak (ollyeo) – straight forward up
- 4. Yeoksu – reverse grip**

Napdo (sword re-sheathing)

Basic, right foot forward, **left foot forward right**

1. Supyeong – horizontal
2. Sujik – straight
- 3. Yeoksu – reverse grip**

Basic strikes

1 and 3 step forward (**opposite step**), offensive and **defensive** 90 and 180 degree turn

1. Naeryeo begi – vertical strike downward
2. Bitgyeo begi – diagonal strike downward
3. Supyeong begi – horizontal strike
4. (Bitgyeo) ollyeo begi – diagonal strike upward
5. Jjireugi (jeon-, hubang) – stab (front, back)

Siljeon begi

Real cutting (bamboo and/or tatami)

- Bitgyeo begi
- Ollyeo begi

Application strikes

Supyeong begi

1. Heori begi + sangdan begi with x-step

Ollyeo begi

1. 360 turn ollyeo begi with step through

Jjireugi

1. Hadan, jungdan, sadang jeonbang jjireugi
2. Reverse grip, right/left parry and jeonbang jjireugi

Yesang Geombeop

1. Yesang Geombeop 2 a, b

Hankumdo

Hankumdo junbi-undong (warming up)

1. Mok-undong – neck turning
2. Gigeom Mok-undong – neck turning + sword draw
3. Gigeom heori-undong – waist turn + sword draw
4. Gigeom sang-ha-jwa-u-undong – block high, low, left, right + sword draw
5. Gigeom ottugi sik hubang-nakbeop – block high, tumbler + sword draw
6. Gigeom jeonbang-nakbeop – front roll + sword draw
7. Gigeom hubang-ipgi-nakbeop – back roll + sword draw
8. Gigeom jeon, hubang-ipgi-nakbeop – front and back roll + sword draw

Hankumbeop: jejari

1. Ja-eum geombeop: consonants (**jeonhwan**)
2. Mo-eum geombeop: vowels (**jeonhwan**)

Hankumdo 4th dan

Between testing for 3rd and 4th dan a minimum of four year time in grade should be observed.

The test must be carried out using real sword (jingeom).

Drawing and re-sheathing the sword

Baldo (sword drawing)

1 and 3 step, offensive, defensive 1 step. **Without regard to footwork.**

1. Supyeong - horizontal
2. Su-jik – straight forward down
3. Daegak (ollyeo) – straight forward up
4. Yeoksu – reverse grip

Napdo (sword re-sheathing)

Basic, right foot forward, left foot forward right. **Standing posture intact.**

1. Supyeong – horizontal
2. Sujik – straight
3. Yeoksu – reverse grip

Basic strikes

1 and 3 step forward (opposite step), offensive and defensive 90 and 180 degree turn

1. Naeryeo begi – vertical strike downward
2. Bitgyeo begi – diagonal strike downward
3. Supyeong begi – horizontal strike
4. (Bitgyeo) ollyeo begi – diagonal strike upward
5. Jjireugi (jeon-, hubang) – stab (front, back)

Siljeon begi

Real cutting (bamboo, jipdan or tatami)

- Bitgyeo begi
- Ollyeo begi
- **Supyeong begi (jipdan)**
- **Combination: bitgyeo begi + ollyeo begi**
- **Combination: ollyeo begi + bitgyeo begi**

Application strikes

Jjireugi

1. Jeon-, hubang jjireugi with a turn
2. Heori begi + switch to reverse grip, circular strike down, jeonbang jjireugi

Yesang Geombeop

1. Yesang Geombeop 2 a, b, c, d, e

Hankumdo

Hankumdo junbi-undong (warming up)

1. Mok-undong – neck turning
2. Gigeom Mok-undong – neck turning + sword draw
3. Gigeom heori-undong – waist turn + sword draw
4. Gigeom sang-ha-jwa-u-undong – block high, low, left, right + sword draw
5. Gigeom ottugi sik hubang-nakbeop – block high, tumbler + sword draw
6. Gigeom jeonbang-nakbeop – front roll + sword draw
7. Gigeom hubang-ipgi-nakbeop – back roll + sword draw
8. Gigeom jeon, hubang-ipgi-nakbeop – front and back roll + sword draw

Hankumbeop: jejari

1. Ja-eum geombeop: consonants (jeonhwan)
2. Mo-eum geombeop: vowels (jeonhwan)

Hankumbeop

ㄱ

1. step left, bitgyeo begi from right to left

ㄴ

1. step right, naeryeog begi
2. step right supyeong begi from left to right

ㄷ

1. slide forward with right, high block (tip points to the right)
2. move back, naeryeog begi
3. step right supyeong begi from left to right

ㄹ

1. step right, bitgyeo begi from right to left
2. step right supyeong begi from left to right
3. bring sword back to left
4. step right supyeong begi from left to right

ㅁ

1. step right, naeryeog begi
2. step right, bitgyeo begi from right to left
3. step right supyeong begi from left to right

ㅂ

1. step right, naeryeog begi
2. step right, naeryeog begi
3. step forward with right foot, jeonbang jjireugi
4. slide back, supyeong begi from right to left
5. step right, supyeong begi from left to right

ㅅ

1. bring sword up diagonally to your left
2. step left, bitgyeo begi from right to left
3. step right, bitgyeo begi from left to right

ㅇ

1. slide forward with right, jeonbang jjireugi
2. step to the right, supyeong begi from left to right

ㅈ

1. slide forward with right, high block (tip points to the left, arms crossed)
2. step left, bitgyeo begi from right to left
3. step right, bitgyeo begi from left to right

ㅊ

1. left step forward, jeonbang jjireugi
2. left step back, bitgyeo begi from right to left
3. step right, bitgyeo begi from left to right

ㅋ

1. step back left, bitgyeo begi from right to left
2. slide forward with right, jeonbang jjireugi

ㅌ

1. slide forward with right, jeonbang jjireugi
2. high block (tip points to the right)
3. move back, naeryeog begi
4. step right supyeong begi from left to right

ㅍ

1. step left, bitgyeo begi from right to left
2. close with right foot, naeryeog begi
3. step right, supyeong begi from left to right

ㅎ

1. slide forward with right, jeonbang jjireugi
2. high block (tip points to the right)
3. move back, slide forward with right again, jeonbang jjireugi
4. slide back, step right, supyeong begi from left to right

아

1. slide forward, naeryeo begi
2. step right, short supyeong begi form left to right

야

1. slide forward, naeryeo begi
2. ap-jjireugi
3. step right, short supyeong begi form left to right

어

1. step right, short supyeong begi from left to right
2. close with left foot, step forward right foot, naeryeo begi

여

1. slide forward, ap-jjireugi
3. step right, short supyeong begi from left to right
4. close with left foot, step forward right foot, naeryeo begi

오

1. slide forward, naeryeo begi
2. close with left foot, step right, wide supyeong begi from left to right

요

1. slide forward, naeryeo begi
2. step right, naeryeo begi
3. close with left foot, step right, wide supyeong begi from left to right

우

1. slide forward with right, high block (tip points to the right)
2. move back, naeryeo begi

유

1. slide forward with right, high block (tip points to the right)
2. move back, naeryeo begi
3. move back, naeryeo begi

으

1. slide forward, close with left foot, step right, wide supyeong begi from left to right

이

1. slide forward, naeryeo begi

Korean terminology

Sword

Wooden sword	목검
Bamboo sword	죽도
Aluminum practice sword	가검
Real sword	진검

Sword parts

Blade	칼날
Tip	칼끝
Guard	코등이
Handle	손잡이
Pommel	칼머리
Sheath	칼집

Techniques

Sword draw	발도
Re-sheath	납도
Vertical strike down	내려베기
Diagonal strike down	빗겨베기
Horizontal strike	수평베기
Low	하단베기
Middle	허리베기
High	상단베기
Diagonal strike up	(빗겨)올려베기
Stab	찌르기
Front	진방찌르기
or	앞찌르기
Back	후방찌르기
or	뒤찌르기



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