



**World Hankimuye Federation**  
**Black Belt Curriculum**  
**Hankido & Hankumdo**

호기무예

The **World Hankimuye Federation** was founded to accommodate the growing needs of an international community of like minded martial artists that was interested in learning the 3 HKD's of hankido, hapkido and hankumdo.

Through the efforts of masters **Ko Baek-yong** and **Yang Yong-seok**, both direct students of hankido-founder **Myung Jae-nam**, our federation has seen a steady grow. A new generation of instructors is now leading our federation towards the future. Our focus is on quality, not quantity.

We live by the motto that it is better to practice one technique a thousands times, instead of practicing a thousand techniques just once. We **welcome** those who subscribe to this motto to join us on the mat to train and share.



## HANKIDO

## Hankido techniques



## Junior black belt

A candidate can test for junior black belt in the year he or she reaches his/her 13<sup>th</sup> birthday.

### Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps

### Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)

### Strikes

#### Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

### Kicks

#### Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

#### Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick

#### Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Jumping Spinning kick

## **Hankido self defense**

1. 12-gibeop (cross grab, punch)

## **Hankido application**

Defend with joint locks (wrist, elbow, shoulder, legs), throws, strikes (according to the style of the school)

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)

The candidates should prepare a short demonstration in which the showcase 15 different techniques against a wide range of attacks.

## Hankido 1st dan

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

### Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps

### Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)

### Strikes

#### Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

### Kicks

#### Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

#### Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick

#### Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Jumping Spinning kick

## Visualizations techniques (hwansangdobeop)

1. Cheongibeop (standing)
2. Jigibeop (standing)

## Hankido self defense

1. 12-gibeop (cross grab, punch)
2. 12-gibeop (choose one technique, explain to the examiners)

## Hankido application

Defend with joint locks, throws, strikes (according to the style of the school)

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)

The examiners can ask to see a certain kind of defense against an attack of their choice.

## Hankido 2<sup>nd</sup> dan

At least two years in grade between 1<sup>st</sup> dan and 2<sup>nd</sup> dan.

### Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps
6. 8-direction circle steps
7. Circle steps vs. punch (outside)
8. Flow steps vs. wrist grab

### Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)
4. Thrown (roll, flip fall, basic execution, working with frame)

### Strikes

#### Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

#### Counter strikes

1. Basic strikes
2. Combinations

### Kicks

#### Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

#### Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick
8. Middle + low spinning kick

### **Combinations kick (both legs)**

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Roundhouse kick + spinning heel kick
6. Front side kick + turning back kick
7. Step jumping spinning kick

### **Special kicks**

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Spinning kick (standing, jumping, sitting)
4. 360 wheel kick

### **Visualizations techniques (hwansangdobeop)**

1. Cheongibeop (standing, with circle steps)
2. Jigibeop (standing, with circle steps)

### **Hankido self defense**

1. 12-gibeop (cross grab, punch, straight grab, both wrists being grabbed)
2. 12-gibeop (choose two techniques, explain to the examiners)

### **Hankido application**

Defend with joint locks, throws, strikes, **chokes** (according to the style of the school) against two attackers.

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)
7. both wrists being grabbed
8. both shoulders being grabbed
9. both revers being grabbed

The examiners can ask to see a certain kind of defense against an attack of their choice.

## Hankido 3<sup>rd</sup> dan

At least three years in grade between 2<sup>nd</sup> dan and 3<sup>rd</sup> dan.

### Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps
6. 8-direction circle steps
7. Circle steps vs. punch (**two attackers**)
8. Flow steps vs. wrist grab
9. Circle steps vs. punch (**inside**)
10. Harmony steps vs double wrist grab

### Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)
4. Thrown (roll, flip fall, basic execution working with frame)
5. Thrown (roll, flip fall, **applied execution working with frame**)

### Strikes

#### Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

#### Counter strikes

1. Basic strikes
2. Combinations

## Kicks

### Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

### Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick
8. Middle + low spinning kick

### Combinations kick (both legs)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Roundhouse kick + spinning heel kick
6. Front side kick + turning back kick
7. Step jumping spinning kick

### Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Spinning kick (standing, jumping, sitting)
4. 360 wheel kick
5. X-kick

### Counter kicks

1. Basic kicks
2. Combination kicks

## Visualizations techniques (hwansangdobeop)

1. Cheongibeop (standing, with circle steps)
2. Jigibeop (standing, with circle steps)

## Hankido self defense

1. 12-gibeop (cross grab, punch, straight grab, both wrists being grabbed, **double wrist grab, rear double wrist grab, rear wrist and shoulder grab**)
2. 12-gibeop (choose three techniques, explain to the examiners)

## Hankido application

Defend with joint locks, throws, strikes, chokes (according to the style of the school) against three attackers.

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)
7. both wrists being grabbed
8. both shoulders being grabbed
9. both revers being grabbed
- 10. double wrist grab**
- 11. rear double wrist grab**
- 12. rear double shoulder grab**
- 13. rear wrist and shoulder grab**
- 14. rear choke**

The examiners can ask to see a certain kind of defense against an attack of their choice.

## Hankido 4<sup>th</sup> dan

At least four years in grade between 3<sup>rd</sup> dan and 4<sup>th</sup> dan.

### Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps
6. 8-direction circle steps
7. Circle steps vs. punch (two attackers)
8. Flow steps vs. wrist grab
9. Circle steps vs. punch (inside)
10. Harmony steps vs double wrist grab

Candidate should be able to explain the basic principles of hankido and how they function in self-defense, demonstrating a natural flow..

### Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)
4. Thrown (roll, flip fall, basic execution)
5. Thrown (roll, flip fall, applied execution)

Candidate can explain the principles behind the falling techniques. Demonstrating their application and function.

## Strikes

### Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

### Counter strikes

1. Basic strikes
2. Combinations

Candidate can explain proper striking methods both offensively and defensively. See the section about Q&A.

## Kicks

### Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

### Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick
8. Middle + low spinning kick

### Combinations kick (both legs)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Roundhouse kick + spinning heel kick
6. Front side kick + turning back kick
7. Step jumping spinning kick

### Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Spinning kick (standing, jumping, sitting)
4. 360 wheel kick
5. X-kick

### Counter kicks

1. Basic kicks
2. Combination kicks

Candidate can explain the kicks technically as well as how to apply them in a self-defense situation. See the section about Q&A.

## Visualizations techniques (hwansangdobeop)

1. Cheongibeop (standing, with circle steps)
2. Jigibeop (standing, with circle steps)

Candidate can explain the function of hwansangdobeop in the hankido curriculum. How does practicing hwansangdobeop contribute to your understanding of hankido? See the section about Q&A.

## Hankido self defense

1. 12-gibeop (cross grab, punch, straight grab, both wrists being grabbed, double wrist grab, rear double wrist grab, rear wrist and shoulder grab, punch inside block, sword strike)
2. 12-gibeop (the examiners will ask the candidate to explain several hankido techniques)

Candidate can explain hankido techniques and the principles that form the foundation of these techniques.  
See the section about Q&A.

## Hankido application

Defend with joint locks, throws, strikes, chokes (according to the style of the school) against three attackers.

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)
7. both wrists being grabbed
8. both shoulders being grabbed
9. both revers being grabbed
10. double wrist grab
11. rear double wrist grab
12. rear double shoulder grab
13. rear wrist and shoulder grab
14. rear choke
15. knife

Candidate can explain the working of the techniques demonstrated and how the principles of hankido were applied in these technique. See the section about Q&A.

## Essay and Q&A

Candidate should write a 10 page essay about hankido. At the end of the exam a Q&A session with the examiners will take place. The essay should be handed in at least one month prior to the test.

## Korean terminology

### Basics

Basics	기본
Circle steps	전환법
Flow steps	역류법
Harmony steps	심화법
Stepping method	보법
4 direction	사방
8 direction	팔방

### Falling

Falling	낙법
Back fall	후방낙법
Front fall	전방낙법
Side fall	측방낙법
Tumbler	오뚜기낙법
Soft front fall	복근낙법
Roll	무성낙법
Flip fall	공중회전낙법

### Strikes

Striking method	권법
Strikes	치기
Punch	주먹치기
Elbow strike	팔꿈치 치기
Palm heel strike	손바닥 치기
Knife hand strike	손날 치기
Back fist	등주먹 치기
Circle step strikes	전환권법

### Kicks

Kicks	발차기
Basic kicks	단식 발차기
Combination	복식 발차기
Special kicks	특수 발차기

Heel high kick	뒤꿈치 차올리기
Heel high kick (down)	뒤꿈치 차내리기
Knife edge foot kick	족도 차올리기
Inside kick	안다리 차기
Outside kick	바깥다리 차기
Heel push kick	뒤꿈치로 앞차지르기
Front kick	앞차기
Instep kick	족기지르기
Sweep kick	성문차기
Side kick	옆차기
Roundhouse kick	발끝돌려찍기
Heel outside kick	뒤꿈치 돌려차기
Spinning heel kick	돌려차기
360 wheel kick	외발턴
Double kick	두발 모아차기
Split kick	두발 벌려차기
X-kick	가위차기

### Visualizations techniques

Visualizations techniques	환상도법
Jigibeop	지기법
Cheongibeop	천기법

### Hankido techniques

Gwanjeolgibeop	관절기법
Chigibeop	치기법
Sipjagibeop	십자기법
Nae-oegibeop	내외기법
Gyeoranggibeop	겨랑기법
Mokgamabeop	목감아법
Mokkkeokgibeop	목꺾기법
Eokkaetubeop	어깨투법
Jungpaltubeop	중팔투법
Hoe-jeontubeop	회전투법
Palmokgibeop	팔목기법
Palbaegibeop	팔배기법

**Self-defense techniques**

Joint locks	관절기
Throws	던지기
Chokes	조르기

**Directions and movement**

Left	좌
Right	우
Front	앞/전
Back	뒤/후
Inside	내
Outside	외
Low	하단
Middle	중단
High	상단
Standing	서서
Sitting	앉아
Walking	걸어
Jumping	뛰서

**Used in class**

Sit down	앉아
Attention	차렷
Bow	경례
Return	바로
Salute to flag	국기에 대하여 경례
Bow to instructor	사범/관장님께 경례
Turn around	뒤로 돌아
Straighten dobok	도복정리
Face each other	마주 봐/보고
Turn forward	앞으로
Well done!	수고하셨습니다
Thank you!	감사합니다
Uniform	도복
Belt	띠

**Titles**

Student	제자/학생
Assistant	조교
Trainer	부사범(님)
Instructor	사범(님)
School owner	관장(님)
National	국내
International	국제

**Counting**

<b>Korean</b>	
One	하나
Two	둘
Three	셋
Four	넷
Five	다섯
Six	여섯
Seven	일곱
Eight	여덟
Nine	아홉
Ten	열
<b>Sino-Korean</b>	
One	일
Two	이
Three	삼
Four	사
Five	오
Six	육
Seven	칠
Eight	팔
Nine	구
Ten	십



## Hankumdo

## 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 1<sup>st</sup> dan in the year he or she reaches his/her 16<sup>th</sup> 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)

1. 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 years in grade should be observed. The test must be carried out using a 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)

1. Bitgyeo begi
2. 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 years in grade should be observed. The test must be carried out using a 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)

1. Bitgyeo begi
2. Ollyeo begi
3. Supyeong begi (jipdan)
4. **Combination: bitgyeo begi + ollyeo begi**
5. **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

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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, naeryeo 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, naeryeo 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
Blade tip	칼끝
Guard	코등이
Handle	자루, 손잡이
Pommel	칼머리
Sheath, scabbard	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	전방찌르기
Back	or 앞찌르기
	or 후방찌르기
	or 뒤찌르기





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