

# **ATA** **MARTIAL ARTS**

## **COLOR BELT GUM DO CURRICULUM**

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# PLANNER EXPLANATION

## *ELEMENTS*

### **WEEKS 1 & 2**

**Offense:** Is the ability to close/create distance to initiate an attack.

### **WEEKS 3 & 4**

**Defense & Counter Attacks:** Using tactics in response to an attack. Timing and immediate response are key.

### **WEEKS 5 & 6**

**Application:** Offense & Defense drills with an active partner. Requires us to use proper timing to implement the correct strategy.

### **WEEKS 7 & 8**

**Review/Testing Preparation:** Review the specific Warm-ups, drills, & conditioning exercises over these last two weeks. Using the skills taught in the previous weeks, define the expectations for testing. This should include what specific things they will be required to demonstrate and how it will be scored. Focus on the rhythm and performance

## **REFERENCE MATERIAL**

- **Terms:**

- **Gum Do** - Means the way of the Sword

- **Types of Swords:**

- Mockum - Wooden Sword

- Kakum - Metal Sword

- **Parts of the Sword**

- Kumjip - Sheathe

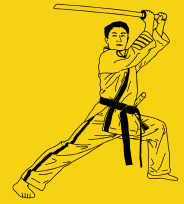
- Kum-Coh - Tip of Sword

- Kum-Dung - Back of Sword

- Kum-Nahl - Blade

- Kum-Mahgi - Hand Guard

- Kum-Jaroo - Grip



- **Proper Handling of the Sword**

- Holding at ease position 2 ways
- Place the sword on the floor
- Picking the sword up
- Kum-Chae-Yong - Putting the Sword in your belt.
- Kum-Hae-Chae - Taking the Sword out of your belt.
- Bahl Kum - Remove the Sword from the sheathe.
- Chac Kum - Put the sword back into the sheathe.

- **Grips:** Regular Grip & Reverse Grip

- **Stances**

- Front Stance - same as our Taekwondo Front Stance
- Back Stance - same as our Taekwondo Back Stance
- Combat Stance - same sparring stance but our back heel is slightly off the ground.
- Defense Stance - same as combat stance but chest out, shoulders back, & arms relaxed.

## **WARMUPS**

- **Specific Warm-ups:**

- Calf to Squat
- Forearm Lifts
- Block & Lean Back
- Calf Raise to Lunge -cut up & raise heels up, cut down to lunge
- Forearm Waves
- Block & Side Lunges
- Lunge Walks
- Heel Toe Swave
- Lean back to single RDL

- **General Warm-ups**

- Wrist Twists 1-4
- Kneeling Cuts
- Blocks
- Basic Flow
- Switch Feet

## **DRILLS**

The drills are to improve a student's skill set. They are designed to be week specific and to help with the different areas of the Gum Do. The more they practice the drill, the more enhanced the skill will become. The student will develop confidence in their skill set and in return will use these techniques during their Gum Do Form. When teaching this section, it is important to use all three training methods (Individual, Target, & Partner) to create an exciting and interactive training experience while continuing to reinforce rhythm.



**OFFENSE:** Is the ability to close/create distance to initiate an attack.

- Cut Combo R & L
- Rev Grip Cut Combo
- Horizontal Cut Combo

**DEFENSE & COUNTER ATTACK:** Using tactics in response to an attack.

Timing and immediate response are key.

- Block & Cut: 11 & X
- Sweeping Block & Cut
- Step Back Block & Jump Cut

**APPLICATION:** Requires us to use proper timing to implement the correct strategy.

- Active partner drills
  - Thrust stab combo
  - Jump cut combo

## **CONDITIONING**

This section includes Conditioning drills for Strength & Power. With proper conditioning, a student's reaction time, performance, and recovery over an extended amount of time will improve.

### **PUSHUPS:**

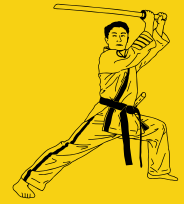
- 5 Finger Pushups
- 4 Finger Pushups
- 3 Finger Pushups

### **LOWER BODY:**

- Reverse Lunge
- Lunge Squat
- Switch Squat

### **CORE EXERCISES:**

- Pike & Straddle Lifts
- Knee raises to pike right & left
- Plank Knee to elbows



## **PERFORMANCE**

### **KYOUNG AHM (Kee•Yong-Ahm)**

**“LIKE IRON AND ROCK - STRONG AND STEADY”**

- **Chah-Reot** - Attention
- **Kyeon-Neh** - Bow
- **June Bee** - Right hand rests on the handle, feet stay together.

#### **Section 1: Moves 1-10**

1. Right foot steps out on the Southeast angle removing sword from sheath **KIHAP!** Lower into a combat stance guard position.
2. Left foot steps forward into a front stance 11 block.
3. Staying in a left front stance 45-degree left angle cut.
4. Right foot steps forward into a front stance X-block.
5. Staying in a right front stance 45-degree right angle cut.
6. Double step forward into a right front stance downward cut.
7. Change direction into a left back stance (left hand down) slide towards the Northwest line looking over your left shoulder right thrust.
8. Point the sword down right foot steps toward Northwest line parry block moving in a spinning motion.
9. Change direction facing the Southeast line step back with left foot landing in a right front stance right downward diagonal cut.
10. Sword moves smoothly over head while left foot moves into a defense stance.

#### **Section 2: Moves 11-17**

11. Stepping forward with left foot into a front stance left downward diagonal cut.
12. Staying in the left front stance right upward diagonal cut.
13. Step forward into a right front stance left horizontal cut (front left to right).
14. Change direction right foot moves towards Northwest line landing in a right front stance right downward diagonal cut.
15. Staying in a right front stance left upward diagonal cut.
16. Left foot steps forward into a left front stance right horizontal cut.
17. Right foot steps forward into a right front stance thrust and **KIHAP!**

#### **Section 3: Moves 18-27**

18. Right hand changes to a reverse grip change direction towards Southeast line landing in a left front stance right upward diagonal cut.



## **PERFORMANCE CONTINUED:**

19. Left hand transitions to the back of the sword with an open palm step forward into a right front stance left upward diagonal cut.
  20. Left hand transitions back to the handle right downward diagonal cut, in a continuous motion transition the right hand back to a regular grip, sword moves from left side of face to right side while stepping back into a right back stance guard position.
  21. Double step forward landing in a left front stance right horizontal cut toward the left.
  22. Staying in the left front stance left horizontal cut toward the right.
  23. Right foot steps forward block.
  24. Follow through over the head landing in a right front stance right downward diagonal cut.
  25. Right foot steps back into a right back stance, hands in an X position, wrists touching each other, side block (sword pointing downward).
  26. Jump up tucking your feet, switch stance while moving sword over the head landing in a right front stance right diagonal cut **KIHAP!**
  27. Left foot slides up to center point right hand points the sword towards the Southeast line while left hand is on the sheath and put the sword away.
- **Bah-ro** - Right foot steps back feet together, right hand rests on handle.
  - **Shi-Uh** - Bow, & at ease.

## **WEEKLY ATTRIBUTES**

<i>Week 1 - Power</i>	<i>Week 3 - Balance</i>	<i>Week 5 - Eye Contact</i>	<i>Week 7 - Rhythm</i>
<i>Week 2 - Trajectory</i>	<i>Week 4 - Timing</i>	<i>Week 6 - Extension Follow Through</i>	<i>Week 8 - Performance</i>

## **SPECIALTY SKILL DRILLS**

<i>Bahl Kum - Drawing the Sword</i>	<i>Chac Kum - Sheathing the Sword</i>
<i>Bahl Kum #1</i>	<i>Chac Kum #2</i>
<i>Bahl Kum #2</i>	<i>Chac Kum #3</i>
<i>Bahl Kum #3</i>	<i>Chac Kum #4</i>

# GUM DO



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>APPLICATION</b>	<b>TESTING PREPARATION</b>
<b>GENERAL WARM UP</b>	WRIST TWISTS 1-4, KNEELING CUTS, BLOCKS, BASIC FLOW, SWITCH FEET			
<b>SPECIFIC WARM UP</b>	<ul style="list-style-type: none"> <li>• CALF TO SQUAT</li> <li>• FOREARM LIFTS</li> <li>• BLOCK &amp; LEAN BACK</li> </ul>	<ul style="list-style-type: none"> <li>• CALF TO LUNGE</li> <li>• FOREARM WAVES</li> <li>• BLOCK &amp; SIDE LUNGES</li> </ul>	<ul style="list-style-type: none"> <li>• LUNGE WALKS</li> <li>• HEEL TOE SWAVE</li> <li>• LEAN BACK SINGLE RDL</li> </ul>	REVIEW A COUPLE OF SPECIFIC WARM UPS
<b>DRILL</b> <ul style="list-style-type: none"> <li>• INDIVIDUAL</li> <li>• TARGET</li> <li>• PARTNER</li> </ul>	<ul style="list-style-type: none"> <li>• CUT COMBO R &amp; L</li> <li>• REV GRIP CUT COMBO</li> <li>• HORIZONTAL CUT COMBO</li> </ul>	<ul style="list-style-type: none"> <li>• BLOCK &amp; CUT: 11 &amp; X</li> <li>• SWEEPING BLOCK &amp; CUT</li> <li>• STEP BACK BLOCK &amp; JUMP CUT</li> </ul>	ACTIVE PARTNER DRILLS <ul style="list-style-type: none"> <li>• THRUST STAB COMBO</li> <li>• JUMP CUT COMBO</li> </ul>	REVIEW A COUPLE OF TARGET OR PARTNER DRILLS
<b>CONDITIONING</b> PERFORM WITH THE WEAPON	<ul style="list-style-type: none"> <li>• 5 FINGER PUSH UPS</li> <li>• REVERSE LUNGE</li> <li>• PIKE &amp; STRADDLE LIFTS</li> </ul>	<ul style="list-style-type: none"> <li>• 4 FINGER PUSH UPS</li> <li>• LUNGE SQUAT</li> <li>• KNEE RAISES TO PIKE L/R</li> </ul>	<ul style="list-style-type: none"> <li>• 3 FINGER PUSHUPS</li> <li>• SWITCH SQUAT</li> <li>• PLANK KNEE TO ELBOWS</li> </ul>	PICK A COUPLE OF CONDITIONING EXERCISES
<b>PERFORMANCE</b>	FORM: SECTION 1 <ul style="list-style-type: none"> <li>• WEEK 1: POWER</li> <li>• WEEK 2: TRAJECTORY</li> </ul>	FORM: SECTION 2 <ul style="list-style-type: none"> <li>• WEEK 3: BALANCE</li> <li>• WEEK 4: TIMING</li> </ul>	FORM: SECTION 3 <ul style="list-style-type: none"> <li>• WEEK 5: EYE CONTACT</li> <li>• WEEK 6: EXTENSION &amp; FOLLOW THROUGH</li> </ul>	WHOLE FORM <ul style="list-style-type: none"> <li>• WEEK 7: RHYTHM</li> <li>• WEEK 8: PERFORMANCE</li> </ul>
<b>SPECIALTY SKILL</b>	<ul style="list-style-type: none"> <li>• BAHL KUM #1</li> <li>• CHAC KUM #2</li> </ul>	<ul style="list-style-type: none"> <li>• BAHL KUM #2</li> <li>• CHAC KUM #3</li> </ul>	<ul style="list-style-type: none"> <li>• BAHL KUM #3</li> <li>• CHAC KUM #4</li> </ul>	REVIEW A COUPLE OF SPECIALTY SKILLS