



# KIM'S HAIDONG GUMDO

## Basic exercises

The *Basic exercises* are the foundation of Haidong Gumdo. By learning these exercises, a practitioner can enhance power and endurance to build a strong body to master sword techniques.

### Basic Cuts and Stances

1	Kima-se	Horse-riding stance
2	Bal-do	Drawing a sword
3	Jyungmyun Begi	Cutting straight forward
4	Jwa woo Begi	Left and right Cut
5	Samdan Begi	Straight cut followed by left an right cut
6	Hwengdan Begi	Horizontal cut
7	Gwanja Begi	Straight cut, left cut, right cut, horizontal cut right diagonal cut and left diagonal cut.
8	Daedo-se	Long or high stance
9	Keumge-dock-lip Palsang-se (Rooster Stance)	Stand on one leg (normally left) and the sword is normally held vertical on the right side
10	Beom-se (Tiger Stance)	Back stance
11	Jayun Gyunjuck-se	Ready stance for attacking and blocking
12	Sodo-se	Short or low stance for cutting and stabbing
13	Jocheon-se	Upper ready stance
14	Jiha-se	Lower ready stance
15	Chack Gum	Sheathing a sword