



# WHITE TIGER KOREAN MARTIAL ARTS

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## WELCOME

### WHAT IS HAIDONG GUMDO?

The name 'Haidong' came from 'Haidong Sungguk Parhae,' meaning 'Parhae, the flourishing country in the East'. 'Gumdo' means the way of the sword. Haidong Gumdo is characterised by "shimgum" which is the unification of the mind, body and spirit. It implies a technical mastery of the sword but transcends technical limitations. One can be technically excellent but still not achieve shimgum. Shimgum is what makes Haidong Gumdo not only a martial science but a martial art.

There is an elegance to Haidong Gumdo movements alongside the power behind its techniques, the combination of which is stunning to observe.

### WHAT ARE THE BENEFITS OF HAIDONG GUMDO?

Haidong Gumdo draws from battlefield tactics and techniques to build a curriculum for mental, physical and spiritual development. It is a physically and mentally demanding martial art form.

Haidong Gumdo develops a strong awareness of one's surroundings, excellent speed and reflexes, a fluidity of technique, and great coordination of body and mind. It offers exciting physical challenges while also developing attitudes of self-control, will power, humility and loyalty. All while improving fitness, flexibility and co-ordination.

Alongside learning physical techniques, the discipline of the art improves confidence in the student's ability to cope with situations of stress, and to develop greater focus and assertiveness. Students will learn meditation and proper breathing exercises that will relieve stress and promote a healthy body and mind

Haidong Gumdo is a great way to get fit and healthy while having fun and learning new skills.

### WHAT DO I DO IN HAIDONG GUMDO CLASSES?

All classes start with a warm up followed by systematic stretching exercises.

Skills learnt over previous weeks are practised.

Following a predetermined syllabus, a week-by-week program covers development in:

- Cutting and blocking sword techniques (kibon)
- Forms (geompeob or poomsae)
- Controlled sparring drills (yaksuk daeryun) and sparring (hada)
- energy building exercises (qi gong)
- Paper-cutting (begi)\*

The class will generally finish with cool down stretching and qi gong breathing exercises.

\*Live blade bamboo and straw cutting seminars offered only to black-belts aged 18+

### WHAT EQUIPMENT DO I NEED TO TRAIN IN HAIDONG GUMDO?

Students will be required to purchase a sword (mokgum) and a Haidong Gumdo uniform.

It is recommended that, as students progress towards more advanced studies, they eventually obtain their own paper-cutting and sparring swords.

All other equipment required for training purposes will be supplied.

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