

World Haidong Gumdo Federation, <http://www.hgdg.org/>

US Haidong Gumdo Association, <http://www.ushaidong.com/>

Leg Stances:

1. Kima Sae (like horse riding stance)
2. Daedo Sae (like long stance)
3. Kungae Dok Lip Sae (standing on one foot)
4. Jayeon Sae (like walking stance)
5. Sodo Sae (like back stance, but back leg knee face forward, heel up)
6. Bokho Sae (crouching on one side, other leg straight)
7. Bum Sae (like tiger stance, front knee pulled inward)

Sword Stances:

1. Kyun Juk Sae (sword aimed at neck)
2. Pal Sang Sae (sword to right of head)
3. Jo Chun Sae (sword in front of head, straight up, angled back slightly)
4. Ji Ha Sae (sword 45 degrees down to side)

Chung Myun Naelyo Begi (cutting down)

Drawing sword

1. Paldo Ill Bon (Straight out to front)
2. Paldo E Bon (45 degrees down to side)
3. Paldo Sam Bon (Straight out to side)
4. Paldo Sa Bon (135 degrees up to side)

Chuk gum – return sword

1. Pull straight back
2. Push out, pull straight back
3. Point up, rotate back 360 degrees, pull straight back
4. Rotate to point straight down, reverse grip, slice across, flip
5. Point up, rotate forward 360 degrees, through fingers, rotate again, slice across, flip

Gumbum = Basic Movement forms

1. 1751
2. 13261
3. 1753261