



Jones Brothers School of Martial Arts

Tae Kwon Do - Hap Ki Do - Gumdo



1712 E. Kensington Rd. - Mount Prospect, IL 60056 - Ph: (847) 296-3553

HISTORY OF KORYO GUMDO

Koryo Gumdo is a Korean style sword martial art whose methods practiced today have evolved through the years. Korean gumdo has been established through the adoption of many philosophies and methodology that existed in Korea and surrounding countries over the last 2,000 years.

In Korea, the martial arts are thought to have developed as a result of internal conflicts and repeated attacks from the neighboring countries of China and Japan.

In an attempt to unite and stop foreign invaders, the various tribes formed alliances, which ultimately resulted in the development of the three Kingdoms Silla, Kokuryu and Paekche. This time was known as the Koryo Dynasty.

The military of these three kingdoms taught and train their soldiers and officers in different facets of martial arts including unarmed armed combat methods of Subak, Taekyeon, Tang soo,,,, along with armed combat methodology of Gumdo, Goong dong, Bong sui and battlefield strategies.

Each kingdom had a system of warrior.

1. Koguryo kingdom: Ssabori warriors / Way of the warrior
2. Silla Kingdom: The Hwa Rang / The Flowering Youth
3. Paekche kingdom: The Chulgi / Iron horsemen

Korea is a peninsula that lies between Japan and China. Because of migration, conflict and the sharing of ideas and philosophies, many concepts have been introduced and adopted throughout the ages between these countries.

Historically there is evidence in Korea dating back to 70 BC of sword making techniques that are used in what is known as the samurai sword of Japan.

Around 600 A.D. the three kingdoms of Silla, Kokuryu and Paekche united into what is known today as Korea. The martial arts of Taekyeon, Subak and Gumdo enjoyed great popularity and prestige at this time. This surge in popularity lasted until the Yi Dynasty overthrew the Koryo Dynasty in 1392.

During this new dynasty period, the martial arts fell into decline as Confucism replaced Buddhism. Warriors were banished and the practice of the martial arts was forbidden. The policy of "favoring the arts and despising arms" was adopted. Many Koreans thus took refuge to the Buddhist temples where the martial arts were taught and preserved secretly, with instruction handed down from father to son and teacher to student. In the 18 and 19th centuries, military training skills declined even further. The Yi Dynasty ruled until 1910.

On August 28, 1910, Japan invaded Korea and Emperor Sunjong abdicated his throne and officially relinquished the throne of Korea to Japan. The Yi Dynasty came to an end with the Japanese occupation of Korea. Japan began the systematic destruction of the Korean culture. It became illegal to teach Korean history. A revisionist history was written by the Japanese which replaced traditional subject matter and was taught in public schools. Korean martial arts were banished and replaced with Japanese sporting arts. Ssirum was replaced with Sumo, Subak and Taekyeon were replaced with judo and karate, and Koryo Gumdo was replaced with kendo.

With the end of World War II, and the liberation of Korea, Korea once again took control of its own martial arts. From the period of 1945-1955, there was a movement to unite the various Korean martial arts into unified national styles. Tae Kwon Do focuses on the ballistic art by utilizing blocking, kicking and punching, and has grown to become very popular over recent years. Hapkido incorporates offensive and defensive maneuvers that applies ballistic techniques with holds, releases, and throwing techniques. Korean Gumdo is the art of the sword, which trains men, women and children in this ancient sword art of the koryo warrior.





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The Spirit of Koryo Gumdo

The Koryo warrior wielding the sword for honor and country,

Tenets for Koryo Gumdo

1. Cheung: Love for your country
2. Hew: Filial piety for ones parents
3. Yeah: Respect for elders
4. Liew: Honor and virtue
5. Shin: Justice

Philosophy of the Koryo Warrior

1. Loyalty: A quality of being faithful to a cause, government, a person or duty
2. Piety: Loyalty and devotion to parents and family.
3. Courtesy: Polite kindness and civility
4. Justice: Lawful, impartial and honest, a quality of being correct and right.
5. Faithfulness: A true believer, loyal truthful and sincere
6. Intelligence: Ability to gather information and respond quickly and intelligently
7. Virtue: Good moral qualities, the right actions, thinking, rectitude and morality.
8. Physical Soundness: The body is strong and agile.

Purpose for Koryo Gumdo

1. To Discipline the mind and Body.
2. To cultivate ones physical strength and develop a strong spirit.
3. To develop unlimited abilities
4. To be a positive influence in society

Characteristics of Koryo Gumdo

1. It's a fundamental exercise to gain power and strength for quickness and agility.
2. It develops motor skill and martial arts skill.
3. It teaches code of honor.
4. It teaches to cope with dangerous situations in an orthodox manner.
5. It improves concentration skills through use of the sword.
6. It trains the mind to think calm and logical.
7. It teaches how to problem solve and overcome challenges.
8. It is a lifetime activity for practitioners.





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Philosophy for Koryo Gumdo Training

Training the Body for Gumdo:

When you practice and demonstrate, Perfection is your goal!

Methods for actively practicing correct

1. Your mind is actively engaged in the initiation of each movement.
 - a. You are thinking about how you are moving
2. You are analyzing each motion during repetition then correcting imperfections.
 - a. Mere mechanical repetition engrains faults in motion and technique.
3. Learn the correct technical performance for each movement
 - a. Use visualization methods
 - i. Observe a model and visualize performance in your mind's eye.
 - b. Practice your performance in front of a mirror
 - c. Ask yourself if your performance conforms to the model in your mind
 - d. Keep the perfect model in your mind
 - e. All methods used in training the body need to incorporate a model

State of Mind:

1. Calm: A state of freedom from turmoil or agitation
2. Confidence: Self a sureness or boldness, which is results from repeat successes of something
3. Courage: The ability to conquer fear or despair, to be brave
4. Perseverance: An unwavering drive to continue in spite of difficulties
5. Self-esteem: Feeling good about who you are and believing in yourself
6. Self -Discipline: Keeping control of yourself and acting and doing things because you know they should be done if you want to be successful
7. Focus: What your mind is concentrating on

Difficulties of Defining Mental Training

- a. Mental training like the study of Zen have no theories
- b. It is an inner knowing that has no stated dogma.

Information from: An Intro to Zen Buddhism by D. T. Suzuki

Physical conditioning for mental training / Gumdo is exemplary of physical training

1. We make are body strong and develop our skill to so we can challenge ourselves to achieve new goals and new levels of development.
2. The goal for training your mind in Gumdo is to reach a point in where calmness, clear thinking and action come together as one.
3. The purpose of training your mind is to overcome the emotions that take away calmness and clear thinking that will affect your physical action.





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Ways to begin training your mind

Meditation and breath control exercises:

1. Start: position yourself to practice the breathing exercises
 - a. Breath in through your nose with a calm deep breath that expands your lungs and abdomen (3 to 4 seconds)
 - b. Breath out your nose pushing out all of the air (3 to 4 seconds)
 - c. Let your mind relax and concentrate solely on your breath in and your breath out
 - d. Practice this for about 30 days before moving to the next stage.

2. Progressing in your abdominal breathing exercises
 - a. Increase length of time when inhaling
 - b. Add holding your breath between inhalation and exhalation
 - c. Position yourself in more advanced position
 - d. Add motion through the practice of poomse during practice.

Physical exercise in repetition

1. Focusing your mind on the exercise being done
2. Visualizing the perfect technique
3. Demonstrating the technique
4. Evaluating and correcting technique
5. Repeat technique continuously to improve one's technical skill

