

Introduction



Rooted on its mother organization, Korean Haidong Gumdo Association established in Ahn Yang city of Kyung Gi province in 1983, the World Haidong Gumdo Federation was founded in 1996 by Master Jeong-Ho Kim to aid the globalization of the martial art.

There are over 400 dojangs and 1000 clubs under 10 municipal and provincial federations in Korea, and 600 dojangs under international sub-federations, consisting of one million practitioners in total.

As one of the foremost martial art organizations, the World Haidong Gumdo Federation is always working hard to aid you in your journey to success in martial arts.



"GD" mark of the World Haidong Gumdo Federation consists of the character "G," initial of gumdo, and "D" which symbolizes the hand holding a sword. "G" also symbolizes the body of a swordsman with passionate heart. It represents the advancement of Haidong Gumdo practitioner who, through challenging Haidong Gumdo training, develops and finding oneself. "D" symbolizes the hand strongly holding the handle of a sword, which means strong will and perseverance of Haidong Gumdo practitioner who achieves ones goal regardless of all hardships.

The samurang, which is the basis of the Haidong Gumdo symbol, symbolizes the roots of Haidong Gumdo and the will of all Haidong Gumdo practitioners who are succeeding the teachings of Chung, Hyo, Ye and Eui from Goguryo samurangs.



The Bokhose stance, stance of a tiger before an imminent attack, used as the mark of the World Haidong Gumdo Federation, is designed from the stance of President Kim Jeong Ho who is the successor of the Haidong Gumdo. This design is being used as the official symbol by all national Haidong Gumdo Associations, including Daehan (Korean) Haidong Gumdo Association.

Greetings



Haidong Gumdo is the traditional martial art of the ancient Goguryo Kingdom that ruled over eastern Asia, including the Korean peninsula and Manchuria. The true purpose of Haidong Gumdo is to execute justice with the light of the sword that is as majestic and brilliant as the morning sunlight on the east sea.

Haidong Gumdo was developed by the master Sul Bong who had great knowledge of sword techniques.

He opened a dojang in the Baekdoo Mountains and taught his apostles Haidong Gumdo that they could spread righteousness and justice.

The practitioners who lived according to the ideas of Choong(loyalty), Hyo(filial piety), Ye(propriety), Eui(justice), Shin(trust), Ji(knowledge), Duk(generosity) and Che (sound body) were called Samurang.

They conquered eastern Asia under the command of Kwang-Gae-To the Great, and helped the Goguryo kingdom to become the most powerful country of its day in eastern Asia.

The Samurang, under the command of general Uel Ji Moon Duk, fended off 2 million soldiers during the invasion of the Sui Dynasty. They also defeated 600,000 Tang soldiers at the Ahn Shi battle under the command of general Yang Man Choon.

Some of the Samurang moved to Japan and they were known as Samurai as the pronunciation has been altered to accommodate the Japanese alphabet, as Korean food Kimchi is known as Kimuchi in Japan.

In the early 70's, Haidong Gumdo was passed onto me from the master Jang Baek San in Kwanak Mountain.

I have been spreading the art within Korea as well as in the USA, Canada, Mexico, South America, Europe, South Eastern Asia, China and Australia so that Korean traditional art can be preserved and enjoyed by more people.

Thanks to Haidong Gumdo families in the world, we have successfully held 2002 Haidong Gumdo Championship (3,390 participants), 2002 World Haidong Gumdo Championship (10,000 participants from domestics and international) and 2004 World Haidong Gumdo Championship (with 10,000 participants from 31 countries)

In the future, World Haidong Gumdo Championships will be held every 2 years.

I promise that it will grow to become the global festival for Haidong Gumdo families.

I ask your continuous support and interest to achieve this goal.

In December 2002, we built Haidong Gumdown (Haidong gumdo center) in Korea to bring Haidong Gumdo closer to the world.

Also we are currently building Moodowon (martial art center) in Danyang, Chungbook, Korea.

I am certain that Moodowon will become the root and home of all martial artists in the world.

I know that the amazing growth of Haidong Gumdo is due to the love and support of all Haidong Gumdo families in every country.

I will continuously do my best to be the column of Haidong Gumdo.

I humbly bow my head in front of all masters in the world who have been working night and day to spread Haidong Gumdo in the world.



Jeong-Ho Kim
President of World Haidong Gumdo Federation *Jeongho Kim*

Organization



Korean Haidong Gumdo Timeline

“ The history and global development of Haidong Gumdo started when President Kim Jeong Ho received teaching from Master Jang Back San at Chun-in temple in Kwan-Ak Mountains in 1961. ”

1961	The Grandmaster, Jang-Baek san, hands over Haidong Gumdo to Kim, Jeong-Ho (president of the World Haidong Gumdo Federation)
July 1982	Initiated Haidong Gumdo Academy (city An-Yang, Kyong-Gi province)
April 1983	Haidong Gumdo federation and it's headquarter established (Seo-Cho district, in Seoul)
June 1986	Haidong Gumdo Federation headquarter moved (Kang-Nam district, in Seoul)
February 1987	Academy approved by Education department of Kang-Nam district in Seoul(Approval #2664)
May 1989	Register as a member of Social organization (Daehan Haidong Gumdo Association)
February 1993	Advertisement on major daily newspapers began for first time by a martial art organization
January 1994	First plan for Moodowon (martial art center) unveiled (posted on Choong-Ang newspaper on 14th)
June 1996	World Haidong Gumdo Federation's Headquarter moved (Bun-Dang, Sung-Nam province)
November 1996	The World Haidong Gumdo Federation was officially established
November 1987	Invited by the Commemoration of Kwang-Ju for the demonstration
May 1998	Invited to Chung-Ju martial art festival for the demonstration
November 1998	Haidong Gumdo masters abroad mission seminar The 3rd Commemoration of Kwang-ju for the demonstration
April 1999	Invited to Chung-Ju martial art festival for demonstration
August 1999	Seoul municipal Haidong Gumdo Championship
November 1999	Kyong-Gi provincial Haidong Gumdo Championship Young-Nam provincial Haidong Gumdo Championship
April 2000	Busan municipal Haidong Gumdo Championship

May 2000	Haidong Gumdo Championship of Ho-Nam & Je-Ju island Haidong Gumdo Championship of Seoul
June 2000	Masters Seminar at Kyung-Gi province
July 2000	2000 Haidong Gumdo National Championship (KOREA)
September 2000	Invited to the 3rd Chung-Ju Martial Arts Celebration for a demonstration
November 2000	The 2nd Haidong Gumdo Championship of Young-Nam province
December 2000	National masters seminar in Korea
January 2001	Seminar of Grandmaster and Executive in Korea
April 2001	The 2nd Haidong Gumdo Championship of Ho-Nam province
May 2001	The 1st Haidong Gumdo Championship of Gand-Won province
August 2001	The 2nd Haidong Gumdo Championship of Busan
September 2001	The 2nd Haidong Gumdo Championship of Kyong-Gi province
October 2001	Invited to the 4th Martial Arts Celebration at Chung-Ju province for a demonstration The 1st Haidong Gumdo Championship of Daejeon-Choongcheong The 3rd Haidong Gumdo Championships of Young-Nam province
November 2001	The 1st Haidong Gumdo Championship of Je-Ju Island
March 2002	Haidong Gumdo was selected as a part of official curriculum for sports diplomatic studies at Chungchung University
April 2002	Seminar of Grand master for 2002 Haidong Gumdo World Championship in Korea The 3rd Haidong Gumdo Championship of Ho-Nam province
June 2002	Referee training for 2002 Haidong Gumdo World Championship in Korea
July 2002	2002 Haidong Gumdo World Championship at Yongpyung in Gangwon province
September 2002	National Headmasters seminar
October 2002	Invited by the 5th Martial Arts Celebration at Chung-Ju province for an exhibition game

November 2002	Executive seminar in Korea
February 2003	The 1st Cheju Municipal Haidong Gumdo Championship. Signed cooperation agreement between Haidong Gumdo and Chungchung university
April 2003	The 4th Honam Provincial Haidong Gumdo Championship
May 2003	The 3rd Gang-Won Provincial Haidong Gumdo Championship National seminar for regional vice-headmasters
June 2003	The 3rd Busan Municipal Haidong Gumdo Championship
July 2003	The 4th Seoul Municipal Haidong Gumdo Championship
August 2003	The 4th Kyongnam/Woolsan Association Haidong Gumdo Championship National executive members seminar
September 2003	The 4th Daegu/Kyoungbook Association Haidong Gumdo Championships
October 2003	The 2nd Daejon/Chungchung Association Haidong Gumdo Championships The 4th Kyonggi Association Haidong Gumdo Championships The 1st Jeonbook Association Haidong Gumdo Championships Invited to the 6th Martial Arts Celebration at Chung-Ju province for a demonstration
February 2004	The World Haidong Gumdo Federation New Year's meeting and executives seminar
March 2004	Signed cooperation agreement between Haidong Gumdo and Howon University
May 2004	Signed cooperation agreement between Haidong Gumdo and Daegu Mirae university
July 2004	2004 World Haidong Gumdo Championship was held in Yong Pyung
October 2004	Invited to the 7th Martial Arts Celebration at Chung-Ju province for a demonstration
November 2004	Construction plan unveiled for Moodowon (martial art center)
February 2005	The 2nd Cheju Municipal Haidong Gumdo Championship
April 2005	The 5th Kwangju/Jeonnam Association Haidong Gumdo Championship

World Haidong Gumdo Timeline

January 1994	First plan for Moodowon (martial art center) unveiled (posted on Choong-Ang newspaper on 14th)
November 1996	The World Haidong Gumdo Federation was established
December 1996	U.S. Haidong Gumdo Association established
March 1997	China Haidong Gumdo Association established
April 1997	Canada Haidong Gumdo Association established
May 1997	France Haidong Gumdo Association established German Haidong Gumdo Association established
June 1997	Haidong Gumdo Demonstration Team was invited by the U.S. Korea Amateur Athletic Association to introduce Haidong Gumdo
September 1997	Haidong Gumdo Demonstration Team was invited to '24th Annual Korean Day' festival and introduced Haidong Gumdo
December 1997	Haidong Gumdo was televised on CNN Christmas TV program
January 1998	Spain Haidong Gumdo Association established
February 1998	Mexico Haidong Gumdo Association established
March 1998	Japan Haidong Gumdo Association established
April 1998	Australia Haidong Gumdo Association established
September 1998	Invited by annual 'Korean Day' festival to demonstrate Haidong Gumdo at Baltimore
October 1998	Invited by annual 'Korea Day' in Australia to demonstrate Haidong Gumdo at Sidney
June 1999	Haidong Gumdo Demonstration Team was invited by the 7th U.S. Taekwondo tournament for demonstration at Chicago
July 1999	Invited by the U.S. Korea Amateur Athletic Association for demonstration at UCLA

July 1999	U.S. Martial art leaders visited the World Haidong Gumdo Federation Headquarter in Korea to participate in masters training
July 2000	Portugal Haidong Gumdo Association established Africa Haidong Gumdo Association established New Zealand Haidong Gumdo Association established Europe Haidong Gumdo Association established England Haidong Gumdo Association established Philippine Haidong Gumdo Association established Indonesia Haidong Gumdo Association established
August 2000	Jeong Ho Kim, president of World Haidong Gumdo Federation, received an award from Bill Clinton, the president of the United States of America for his great contribution to American society(August 2000) Masters seminar was held in Utah
September 2000	U.S. Haidong Gumdo black belt grading started US martial art and leadership seminar and demonstrations in North Carolina, Dallas, New York, Utah, and St.Louis Invited by annual 'Korea Day' festival to demonstrate Haidong Gumdo in LA Master seminar in Indonesia Masters seminar in Portugal Masters seminar in Seattle, USA
November 2000	Haidong Gumdo Demonstration Team goes on European demonstration tour
March 2001	Haidong Gumdo Demonstration Team was invited to the 2001 World Championship organized by Arnold Schwarzenegger at Columbus in US
May 2001	Haidong Gumdo Demonstration team was Invited to Mexico and US (Texas, North Carolina, New Jersey)
April 2002	Masters training for instructors in Utah (at the headquarter)
June 2002	Black Belt Test in US
July 2002	2002 WORLD HAIDONG GUMDOCHAMPIONSHIP(July 23 thru 25, 2002)
February 2003	Black Belt Test in Mexico
April 2003	Seminar for Haidong Gumdo Masters in Utah, LA and Dallas
June 2003	Black Belt Test in Canada
July 2003	Masters seminar in USA (Utah, LA, Dallas, San Diego)

August 2003	Demonstration team was invited to China Masters training for European instructors at World Haidong Gumdo Federation Headquarter
November 2003	European demonstration tour and seminar (France, Netherlands, Germany, Spain, Portugal, Sweden, Norway)
December 2003	USA Black Belt grading and demonstration and seminar tour (Utah, Dallas, LA)
March 2004	The demonstration team was invited to Bercy martial art tournament in Paris (broadcasted on Eurosports TV)
June 2004	President Kim Jeong Ho received an award from US president George Bush
July 2004	The 2004 World Haidong Gumdo Championship was held in Yong Pyung, Korea
November 2004	Construction plan unveiled for Moodowon (martial art center)
December 2004	Western USA demonstration and seminar tour, and masters training (California, Utah, Arizona, Colorado, Texas)
February 2005	European masters seminar and leadership training
March 2005	Eastern USA Black Belt grading and seminars

History



The true principles of Haidong Gumdo is to execute justice with the sword light that is obtained at the break of day from majestic and brilliant sunlight that glows over the east sea. Haidong Gumdo is a martial art that originates from an ancient Korean country called Kokuryo. Founded by Saul-Bong-Sun-In who has understood the true principles of the sword. He established a training camp and instructed his disciples in Haidong Gumdo so they could rid evil and practice righteousness.

The warriors who went through training in the camp were named Samurang and ideology of the Samurangs were: **Jun** (Respect), **Sa** (Master), **Chung** (Importance), **Do** (The right way), **Chung** (Love for our country), **Whoo** (Reverence for ones good and right things). These Samurangs with their knowledge of Haidong Gumdo and DO were a great help for the great king

Kuangeto to castigate the aggressive neighboring countries and contributed a great amount for Kokuryo to be a strong nation with a vast territory.

Kokuryo's Samurang system was introduced long before the knighthood of Paekjea and the Hwarangdo of Sila and was used to bring up many talented men and confirmed the basis of a nation. Samurangs also aided Kokuryo's general Ulgymunduk to defeat 2 million invaders from the country Su (An ancient Chinese country) which was never done before in history, and defeated 600 thousand Chinese invaders with the Il-dang-beak (one for a hundred) combative spirit and kept peace and justice and also left behind a



valuable spiritual pride to the descendants. Haidong Gumdo was a very valuable asset, but due to the passing age and many reasons such as Japanese invasions, the martial artists left society and started to live hidden away in mountains, and after Hideyoshi's invasion of Korea in 1592, Japanese Kendo took root in Korea. But due to our new campaign to bring back traditional martial arts, nowadays many traditional martial arts are laying roots again in Korea. But still there are martial artists who live in mountains training traditional martial arts. Living a lifetime keeping only a few disciples to keep on the tradition. Amongst those martial arts, Haidong Gumdo is a traditional martial art instructed by Grand Master **Jang Baek San** about 40 years ago in an outskirt mountain to the current World Haidong Gumdo Federation president **Kim Jeong Ho**.

As it can be seen above, Haidong Gumdo is based on techniques for war and one warrior against many others which is different when compared with Japanese Kendo which the techniques are based on 1 on 1 combat. Also when one looks at the Sangsoo Gumbup of Haidong Gumdo, it's obvious that the fencing is in multiple directions and the positions are low, which requires tenacious movements.



The basic techniques of Haidong Gumdo is fencing, cutting, thrusting, combat and abdominal breathing exercises and is the background that formed Kokuryo's Samurang becoming Kokuryos most powerful martial art and history.

Therefore, one of the special features of Haidong Gumdo is not the simplicity of Japanese Kendo nor the magnificence of Chinese Kung-Fu. It takes pride in being the most realistic sword art. For ancient Kokuryo to stand 700 years whilst China went through the Han dynasty to the Tang dynasty and the rise and fall of many countries and be renown as a country of Dongijock (People in the east who

are good swordsmen and Bowmen and take importance in the DO). After 2000 years of the Kokuryo dynasty, we bring back the majestic history with Haidong Gumdo.

The reason that Kokuryo boils the blood of every Korean is maybe due to the nostalgia of the large land. Every time we look at the map of the globe, we look at the eastern part of Eurasia and without knowingly, we sigh with a mixed emotion of pity. Kokuryo was risen whist fighting for supremacy with Chinese nations and in that process became the leader of the north. It was the core of the fight for supremacy in eastern Asia and through the rise and fall of many dynasties, it was the leading nation. Like this, we have great affection for *Kokuryo* but we have little knowledge to fill our affection. Thus, as descendents of Great *Kokuryo* that ruled over the north for 700 years, we hope to inherit this will of the ancient *Samurang* and teach the world the spirit of *Kokuryo* through Haidong Gumdo.



Purpose

The modern society, characterized by technology, information and globalization, has brought abundance of amenities and luxury to its members. However, it also brought corpulence, obesity, high blood pressure, diabetes and various diseases due to stresses.

Also, the materialism and the individualism has spread to the society and slowly becoming serious problems.

Our society demands a cure for problems but the gap between the reality and the ideals are only growing deeper.

Haidong Gumdo offers a solution to the problems. Self cultivating education and physical training of Haidong Gumdo will help the practitioners' to increase confidence and patience, to relieve stresses and to build a healthy body. Through learning of etiquette, self control, meditation and breathing exercises, the practitioners learn the ideals of loyalty, filial piety, righteousness and faithfulness.

Therefore, the objective of Haidong Gumdo is to nurture individuals to have sound minds and bodies to make a better society, by providing its unique training and education.

Philosophy

The diagram is titled "Philosophy" and is set against a light yellow background with decorative corner elements. It is organized into three main sections, each with a header in a dark green rounded rectangle flanked by small floral icons. The first section, "Spirit", lists four values: Loyalty (patriotic love for nation), Filial piety (filial devotion to parents), Propriety (conciliation and keeping the public order), and Justice (doing what is right). The second section, "Mind", lists four values: Courage (never receding), Judgment (knowing oneself), Respect (respecting others), and Temperance (suppressing greed). The third section, "Body", lists four values: Power (correct posture), Speed (agile movements), Balance (stable stances), and Sweat (continuous effort).

Spirit	
Loyalty	: patriotic love for nation
Filial piety	: filial devotion to parents
Propriety	: conciliation and keeping the public order
Justice	: doing what is right
Mind	
Courage	: never receding
Judgment	: knowing oneself
Respect	: respecting others
Temperance	: suppressing greed
Body	
Power	: correct posture
Speed	: agile movements
Balance	: stable stances
Sweat	: continuous effort

Training

Stretching

Zen stretching relaxes the mind and body, increases agility and increases awareness, therefore, preventing injuries.

Basic Exercises

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

Gumbup

Gumbup practice is the core of sword training. It enhances physical attributes such as spontaneous power generation, balance, spinning techniques as well as the ability to concentrate. Understanding of the sword techniques is also improved as the body and the sword movements are harmonized.

Gyukgum

In order to develop fast reflexes and judgment, a practitioner learns to apply the sword techniques of gumbups in real combat situations. There are short gyukgum, choreographed gyukgum, real gyukgum, sparring gyukgum and 1 on 1, 2 on 1 and 3 on 1 gyukgums.

- **Short Gyukgum-** A practitioner learns a number of sparring techniques in order to defeat an opponent in a single move.
- **Choreographed Gyukgum-** Apply the short gyukgum techniques in continuous motion to understand the underlying principles.
- **Real Gyukgum-** Express the use of real swords in a combat situation. Practitioners participate in real life combat settings in 1 vs. 1, 1 vs. 2, or 1 vs. 3 sparring.
- **Competition Sparring-** The contestants spar with opponents, according to sparring regulations, wearing full protective gear.

Cutting

The underlying theories of the sword techniques are mastered through cutting practice. A harmony of speed, power, fast sighting and correct footwork is required. Bamboo, stacks of straw, small moving targets and paper are used as cutting material.

Dan Jun Breathing

Through meditation and control of the breathing pattern, a practitioner learns to calm the body and mind as well as the ability to control the self.

- **Seated Breathing-** Breathing in a relaxed sitting position with the legs crossed to help calm the agitated body and mind before and during practice.
- **Breathing in Horse Stance-** A breathing exercise that best represents Haidong Gumdo. Muscular power, endurance and agility are increased by the principles of Muscle Reversing. The harmonization and union of Heaven, Earth and Human occurs in the body of the practitioner.
- **Gaeun Kigong-** A breathing exercise in sitting position, or horse stance, that enable the intake of clean energy of the Universe and discharge of corrupted energy from the body by breathing with arm motions.

Strength Enhancements

Through meditation and control of the breathing pattern, a practitioner learns to calm the body and mind as well as the ability to control the self.

- **Power-** Exercises that increase endurance include push-ups and sit-ups. Adequate stretching exercises must follow the power exercises so that flexibility is not reduced.
- **Speed-** Exercises that increase agility and alacrity include jumping in place or running back and forth in a short space.
- **Balance-** Exercises that increase balance and harmonize power and speed include standing on leg with eyes closed, or standing on hands.
- **Sweat-** The balance of power and speed are the harvest of hard work and precious drops of sweat.