

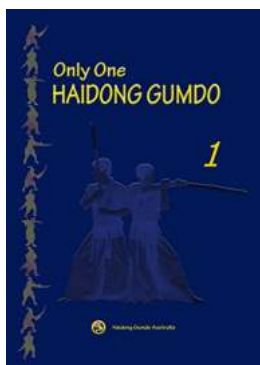
Only One Haidong Gumdo: The Principle Of Haidong Gumdo And Basic Training Skills



Haidong Gumdo, also known as the "Way of the Sword," is a traditional Korean martial art that focuses on the art of swordsmanship. With its rich history and technical intricacies, Haidong Gumdo has gained popularity around the world as a highly disciplined form of martial arts training. In this article, we will explore the principles behind Haidong Gumdo and delve into the basic training skills required to become proficient in this ancient art.

The Principle of Haidong Gumdo

At the core of Haidong Gumdo lies the principle of harmony and balance. Unlike other martial arts that center around aggression and dominance, Haidong Gumdo embraces the idea of finding balance within oneself and with the surrounding environment. It emphasizes the cultivation of the mind, body, and spirit, teaching practitioners to approach swordsmanship with humility and respect.



Only One Haidong Gumdo (The principle of Haidong gumdo and basic training skills Book 1)

by Brendan Walsh (Kindle Edition)

★★★★☆ 4 out of 5

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The primary goal of Haidong Gumdo is not to defeat an opponent but to achieve personal growth and self-improvement. By focusing on the principles of discipline, concentration, and patience, practitioners learn to control their emotions and develop a strong sense of self-awareness. This unique philosophy is what sets Haidong Gumdo apart from other sword-based martial arts.

Basic Training Skills in Haidong Gumdo

Haidong Gumdo training is a holistic process that combines physical conditioning, sword techniques, and mental fortitude. To become proficient in this martial art, practitioners need to develop a range of fundamental skills. Let's explore some of the basic training skills that form the building blocks of Haidong Gumdo:

1. Stances

Stances are the foundation of any martial art. In Haidong Gumdo, specific stances provide stability, balance, and power during sword movements. The three main stances in Haidong Gumdo are:

- Horse Stance (Juchum Seogi)
- Walking Stance (Ap Seogi)
- Parallel Stance (Nal Seogi)

2. Sword Techniques

The art of swordplay forms the crux of Haidong Gumdo. The practitioners learn a wide range of techniques, including:

- Basic cuts (Jabs, slices, chops)
- Advanced strikes (Thrusts, spins, transitions)
- Defensive maneuvers (Blocks, parries, dodges)

Through diligent practice and repetition, students master these techniques, combining them into fluid movements that reflect their mastery of the sword.

3. Forms (Gumbeop)

Forms, also known as "Gumbeop," are a series of choreographed movements that simulate combat scenarios. Practicing forms allows students to internalize techniques, enhance muscle memory, and improve overall coordination. In Haidong Gumdo, forms range from simple to highly complex, allowing practitioners to gradually progress while refining their skills.

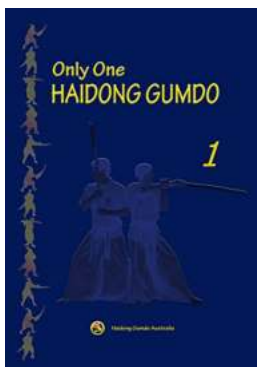
4. Meditation and Breathing

Integrating meditation and controlled breathing techniques is essential in Haidong Gumdo. These practices help practitioners to achieve mental clarity, focus, and a deep connection with their swords. By training the mind to be calm and present, practitioners develop a heightened level of concentration, enabling them to react quickly and effectively during combat situations.

5. Sparring (Gyuk Gum)

Sparring, or "Gyuk Gum," is the culmination of training where practitioners engage in controlled combat scenarios. It allows students to test their skills in a safe and controlled environment, building their confidence and adaptability. The emphasis during sparring is always on safety and mutual respect, fostering the spirit of camaraderie among practitioners.

Haidong Gumdo's philosophy goes beyond the physical aspects of swordsmanship. It encompasses principles of discipline, respect, and personal growth. Through dedicated practice and guidance from experienced instructors, practitioners can develop a profound understanding of themselves and their surroundings. Haidong Gumdo truly captures the essence of martial arts, transforming the practitioner into a well-rounded individual both on and off the training mat.



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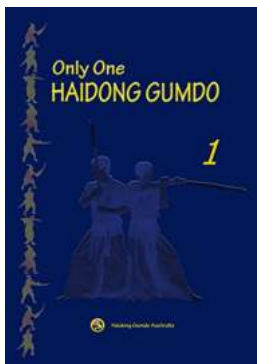
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Our modern society has brought an abundance of amenities and luxury to us. However, it has also brought obesity, high blood pressure, diabetes and various diseases due to stress of modern life. Only One HAIDONG GUMDO offers a solution to these stresses. Through learning physical training, etiquette, self control, mediation and internal breathing exercises, Only One HAIDONG GUMDO practitioners will learn to improve their physical and mental health. This is the first English book in the series of Only One HAIDONG GUMDO, written by Head Master Jung Il Oh (President of Oceania) and Master Jason Kim (Vice president of Australia), demonstrates the true principle of Haidong Gumdo and basic training skills.



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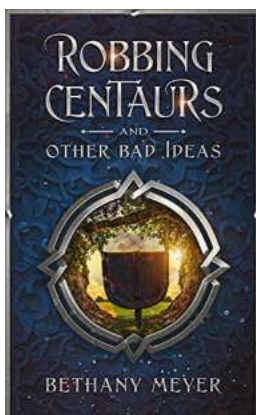
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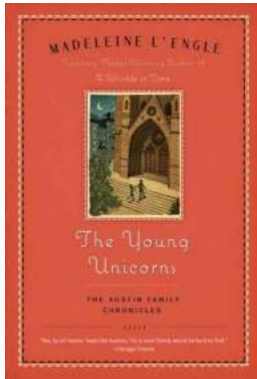
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