**Shim Soo Gum Do**

**Curriculum**

**6th Gup to 5th Dan**

**6th Gup**

**Sport Sword Applications**

1)Holding JukeDo

2)Standing Bow

3)Seated Bow

4)Bopakao (Drawing Sword)

5)Kiumdumbart (Holding Sword)

6) Kojakao (Sheathing Sword)

**Foot Movement**

1)AhpPoro(Forward)

2)Tittro (Backward)

3)Charro(Left)

4) Ulro (Right)

**Target Areas**

**Legal:**

1)MoriChiki (Head)

2)HoriChiki (Chest)

3) SonMok (Wrist)

**Nonlegal:**

1)Chirum Chiki (Throat)

**3 Count Striking Drills**

1)MoriChiki (Head)

2)SonMok (Wrist)

3) HoriChiki 9Chest)

**Basic Walking Striking Drills**

1. MoriChiki (Head)
2. SonMok (Wrist)

**5th Gup**

**2 Count Striking Drills**

1)MoriChiki (Head)

2) SonMok (Wrist)

3) HoriChiki (Chest)

Basic Walking Striking Drills

1. HoriChiki (Chest)
2. SonMok,Mori (Wrist/Head)

**Partner Drills**

1)Partner Bow

2) Right Parry, Mori Chiki

3) Right Parry, Chirum Chiki

4) Right Parry, Yup Mori Chiki

5) Left Parry, Yup Mori Chiki

6) Right Parry, SonMokChiki

7)Right Parry, Mori Chiki, SonMok

**4th Gup**

**1 Count Striking Drills**

1. MoriChiki (Head)
2. SonMok (Wrist)

**Fast Back and Forth Strikes**

1)MoriChiki (Head)

2)SonMok (Wrist)

Side to Side Head Strikes

3 Count,2 Count, and 1 Count

Basic Walking Striking Drills

1)SonMok,Hori,Baro

2)SonMok,Mori,Baro

**Partner Drills**

1)Chirum Chiki

2)SangDanSonMokChiki

3)Ulro YupHoriChiki

4)Charro Yup HoriChiki

5)Jane HoriChiki

**3rd Gup**

**How to wear HuGul(Armor)**

**Tournament Walking and Target Striking Drills**

1)Mori,Gallup

2)SonMok, Gallup

3)Hori, Gallup

**Retreat Striking**

1)SonMok, SonMok

2) Mori, Mori

3)Chirum, Chirum(Nonlegal)

4)YupMori, YupMori

**Partner Drills**

1)Right Parry, Mori Chiki, (Uke) SangHaHuriki,Retreat, YupMoriChiki

**2nd Gup**

**Tournament Walking and Target Striking Drills**

1)SonMok,Mori,Gallup

2)SonMok,Hori,Gallup

3)SonMok,Mori,Hori,Gallup

**Retreat Striking**

1)Mori,SonMok

2)SonMok,Mori

3)SonMok,Chirum

4)Chirum,SonMok

**Partner Drills(Left and Right Sides)**

1)J Block, SonMok

2)J Block, Mori

3)J Block, Yup Mori

**1st Gup**

**Retreat Striking**

1)Mori,SonMok,Chirum,

YupMori,Retreat,YupMori,

Chirum,SonMok,Mori

2)Mori,Chirum,Hori,

SonMok,Retreat,SonMok,

Chirum,YupMori,Mori

**Partner Drills**

1)Right Parry,Mori,Right

And Left YupMori,Retreat,

SonMok,(Uke)SangHaHuriki

SangDanSonMok,Right and

Left Jane Hori,Retreat,Chirum

**Advanced Footwork Drills**

1)Follow the Leader

**1st Dan**

**Turning Strikes**

1)MongTongJaneHuriki

**Partner Drills**

1)Side to Side Cutting

2)Speed Drill

3)YeunKirk Drill

**2nd Dan**

**Live Sword Applications**

**Opening Class Basic Etiquette**

1)Entering Dojang

2)Placing Sword in Belt

3)Standing Bow(KyungYet)

4)Hanjo (Sit on Floor)

5)Sword Front Presentation(AhpPorro Gum)

6)Sword on Floor (Gum Hanjo)

7)Sitting Bow (Hanjo KyungYet)

8)Sword Front (AhpPorro Gum)

9)Place sword in belt (Gum Phakaro Ahnesu Dee)

10) Stand up (E la soot)

11)Final Bow (Kyung Yet)

**Closing Class Basic Etiquette**

1)Final Bow to Flags (Kukki Kyung Yet)

2)Bow to class (Kyung Yet)

3)Hanjo (Sit on Floor)

4)Presentation of sword (AhpPorro Gum)

5)Place sword on floor (Gum Hanjo)

6)Sitting Bow(Hanjo KyungYet)

7)E la soot (Standing)

8)Final Bow to class (Kyung Yet)

9)Go to one knee bow to sword lift sword and exit floor

**Drawing Sword**

1)Vertical Draw

2)Horizontal Draw

3)Upward Oblique Draw

4)Rear Draw

**Deblooding Sword**

1)Regular Grip

2)Reverse Grip

**Sheathing the Sword**

1)Regular Grip

2)Reverse Grip

**Stances**

1)Front Stance

2)Reverse Front Stance

3)Natural Stance

4)Back Stance

**Guard Positions**

1)Front Guard (Front Stance)

2)Upper Guard (Front Stance)

3)Low Guard (Front Stance)

4)Vertical Guard (Back Stance)

5)Side Guard (Reverse Front Stance)

6)Reverse Side Guard (Front Stance)

**Cutting Techniques**

1)Vertical Head Cut

2)Diagonal Neck Cut

3)Reverse Diagonal Neck Cut

4)Horizontal Stomach Cut

5)Reverse Horizontal Stomach Cut

6)Reinforced Horizontal StomachCut

7)Diagonal Upward Cut

8)Reverse Diagonal Upward Cut

9)Side of Head Cut

10)Reverse Side of Head Cut

11)Front Thrust

12)Rear Thrust

**Blocking Techniques**

1)Upper Block

2)Middle Block

3)Low Block

**Hyungs**

1. SaJaGumIlHyung
2. SaJaGumEeHyung
3. SaJaGumSamHyung
4. SaJaGumSaHyung
5. SaJaGumOhHyung

**3rd Dan**

**Hyungs**

6)SaJaGumYukHyung

7)SaJaGumChilHyung

8)SaJaGumPalHyung

9)SaJaGumKooHyung

10)SaJaGumShipHyung

**4th Dan**

**Hyungs**

11)SaJaGumShipIlHyung

12)SaJaGumShipEeHyung

13)SaJaGumShipSamHyung

14)SaJaGumShipSaHyung

15)SaJaGumShipOhHyung

**5th Dan**

**Hyungs**

16)SaJaGumShipYukHyung

17)SaJaGumShipChilHyung

18)SaJaGumShipPalHyung

19)SaJaGumShipKooHyung

20)SaJaGumEeShipHyung