

Shim Soo Gum Do



Manual

by

Master Blaine Grissom

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About Shim Soo Gum Do

Shim Soo Gum Do literally translates to “Way of the Mind, Hand and Sword”. It is a system of sword training based on Korean sword techniques but also influenced by Japanese sword arts. The first part of the sword training from 6th Gup to 1st Dan is based on sport application of the sword. It is the wishes of the founder of the system that practitioners learn sport application and continue to train in sport application even when converting over to live sword practice. Sport application is the only way a sword practitioner can apply his or her techniques in a combat situation. Otherwise, you are basically just cutting at air. Once attaining 1st Dan blackbelt, a practitioner then enters into the world of live sword applications. Practice in this area consists of learning new stances, new footwork, and new cutting techniques. Practice in this area also includes proper etiquette with the sword in terms of proper bowing, drawing the sword, deblooding the sword and sheathing the sword. Shim Soo Gum Do is an art governed by the World Shim Soo Gum Do Federation which falls under the umbrella of the SaJa Kwan or Lion's Den Martial Arts Association.

About the Founder

Master Blaine Grissom



- *Over 25 years of martial arts experience
- * Founder Lion's Den Martial Arts Association
- * Founder SaJaDo / HonHabMooDoKwan
- * Founder International Combat SaJaDo Union
- * Founder International SaJa Tang Soo Do Association
- * Founder International SaJa Hapkido Federation
- * Founder World KoBuMooKiDo Association
- * Founder World ShimSooGumDo Federation
- * Founder Kickin Cubs Program
- * State representative of North Carolina for National Tang Soo Do Federation 1998-2000
- * Member of World Kido Federation
- * Certified Tang Soo Do Instructor through National Tang Soo Do Federation

- * Certified Hapkido Instructor through World Korean Martial Arts Union
- * Certified Kobudo Instructor through International Okinawa Kobudo Association
 - * Certified Okinawa Kobudo Instructor through International Shorin Ryu Karate/Kobudo Federation
- * Certified Jiu-Jitsu Instructor through International Renzoku Jiu-Jitsu Association
 - * Certified KumDo Instructor through World Korean Martial Arts Union
 - * Certified Kendo Instructor through International Budokan Kendo Federation
- * Other affiliations include: Korean Martial Arts Federation, World Shim Soo Do Federation, International Combat Martial Arts Union, World Combat Arts Federation, Independent Martial Arts Federation, and the United States Head of Family Martial Arts Association, World Moo Sul Kwan Federation
- * Certified Fitness Trainer through International Sports Science Association
- * Inducted into American Karate Association Hall of Fame, American Martial Arts Association Hall of Fame, Shintai Ryu Martial Arts Hall of Fame , the US Head of Family Hall of Honor and the American Freestyle Hapkido Association
 - * Veteran of 1st Gulf War, served in Operation Desert Shield/Storm.
- * Member US Navy (1986- 1994) , served as Hospital Corpsman in Fleet Marine Force.
 - * Associates Degree in Radiologic Technology
 - * Bachelors Degree in Professional Arts
 - * Masters Degree in Healthcare Administration

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 (Chest)

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 (Kyung Yet)
- 4) Hanjo (Sit on Floor)
- 5) Sword Front Presentation (Ahp Porro Gum)
- 6) Sword on Floor (Gum Hanjo)
- 7) Sitting Bow (Hanjo Kyung Yet)
- 8) Sword Front (Ahp Porro Gum)
- 9) Place sword in belt (Gum 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 (Ahp Porro Gum)
- 5) Place sword on floor (Gum Hanjo)
- 6) Sitting Bow (Hanjo Kyung Yet)
- 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)SaJaGumShipIIHyung
- 12)SaJaGumShipEeHyung
- 13)SaJaGumShipSamHyung
- 14)SaJaGumShipSaHyung
- 15)SaJaGumShipOhHyung

5th Dan

Hyungs

- 16)SaJaGumShipYukHyung
- 17)SaJaGumShipChilHyung
- 18)SaJaGumShipPalHyung
- 19)SaJaGumShipKooHyung
- 20)SaJaGumEeShipHyung

Shim Soo Gum Do Terminology

<u>Korean</u>	<u>English</u>
Charyut	Attention
Kyung Yet	Bow
Kukki Dullro	Turn to Flag
Kukki Kyung Yet	Salute or Bow to Flag
Ahnjo	Sit(on knees feet tucked)
Ahnjo Kyung Yet	Seated Bow
Ahp Poro Gum	Sword to Front
Ahnjo Gum	Sit sword down or lay sword down
Gum Dee	Place sword inside belt
E la soot	Stand up
Bopakao	Draw sword
Kiumdumbart	Normal preparatory stance
Kojakao	Sheath sword
Ahp Poro	Front
Tittro	Backward
Charro	Left
Ulro	Right
Mori	Head
Son Mok	Wrist
Hori	Chest
Chirum	Throat
Chiki	Strike
Shijock	Begin
Baro	Stop or return
Il Don Jaek	One Count Strike
Ee Don Jaek	Two Count Strike
Sam Don Jaek	Three Count Strike
Sang Ha Huriki	Raising sword above head
Jane	Side to side

<u>Korean</u>	<u>English</u>
Ahp	Front
Yup	Side
Dwi	Back
Sang Dan	High
Choong Dan	Middle
Ha Dan	Low
Jaseh	Stance
Gum	Sword
SaJa	Lion
Hyung	Form
Hana	One
Dool	Two
Set	Three
Net	Four
Dasot	Five
Yul Soot	Six
Il Gop	Seven
Yo Dool	Eight
AhHob	Nine
Yool	Ten
Kyo Sa Nim	Instructor
Sa Bum Nim	Master Instructor
Kwan Jang Nim	GrandMaster
DoJuNim	Founder
Gup	Under Dan rank
Dan	Black Belt rank
Dee	Belt
Dobogi	Uniform

Shim Soo Gum Do Rank

<u>Rank</u>	<u>Belt Color</u>
6 th Gup	Orange
5 th Gup	Orange with Green Stripe
4 th Gup	Green
3 rd Gup	Green with Red Stripe
2 nd Gup	Red
1 st Gup	Red with Black Stripe
1 st Dan	Black with Red Stripe
2 nd Dan	Black with 2 Red Stripes
3 rd Dan	Black with 3 Red Stripes
4 th Dan (Master Instructor)	Black with Red Stripe through middle of belt and 4 Gold Stripes on tip of belt
5 th Dan	Black with Red Stripe through middle of belt and 5 Gold Stripes on tip of belt
6 th Dan (Senior Master Instructor)	Black with Red Stripe through middle of belt and 6 Gold Stripes on tip of belt
7 th Dan (Assistant GrandMaster)	Black with Red Stripe through middle of belt and 7 Gold Stripes on tip of belt
8 th Dan (Senior Assistant GrandMaster)	Red Belt with 8 Gold Stripes
9 th Dan (GrandMaster)	Red Belt with 9 Gold Stripes
10 th Dan (Supreme GrandMaster or Founder)	Red Belt with 10 Gold Stripes

Shim Soo Gum Do

Time in Grade and Test Fee Schedule

Time in grade is based on time between ranks not cumulative

<u>Rank</u>	<u>Time in Grade</u>	<u>Test Fee</u>
6 th Gup	4 months	\$35.00
5 th Gup	4 months	\$35.00
4 th Gup	4 months	\$35.00
3 rd Gup	4 months	\$35.00
2 nd Gup	4 months	\$35.00
1 st Gup	4 months	\$35.00
1 st Dan	6 months	\$115.00
2 nd Dan	9 months	\$150.00
3 rd Dan	1 Year	\$200.00
4 th Dan	2 Years	\$250.00
5 th Dan	3 Years	\$300.00
6 th Dan	4 Years	\$350.00
7 th Dan	5 Years	\$400.00
8 th Dan	6 Years	\$450.00
9 th Dan	7 Years	\$500.00

Closing Comments

Thank you for your interest in Shim Soo Gum Do. If you would like more information on our Home Study Program via video, please log on to:

www.sajado.org

or

contact us at

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