

Sword Form – Basic Cutting Practice

- Standing in attention stance. Left hand to chest
- Parry blade to left 3 times.
- On fourth parry step forward with right leg into front stance and execute downward cut.
- Remain in this front stance and execute left shoulder to right hip cut.
- Next execute right shoulder to left hip cut.
- Followed by a horizontal cut left to right at chest height.
- Followed by a horizontal cut right to left at chest height.
- Execute 45 degree upward cut from left hip to right shoulder
- Execute 45 degree upward cut from right hip to left shoulder.
- Execute vertical cut from groin to head.
- Execute downward cut stop at guard position change to overhand grip with right hand.
- Turn 180 degrees into front stance, step forward, feet together with sword held in right hand (reverse grip) at hip height parallel to ground.
- Step right leg forward into front stance and cut down.
- Remain in this front stance and execute a cut from left shoulder to right hip.
- Next execute right shoulder to left hip cut.
- Followed by a horizontal reverse cut from left to right at chest height.
- Followed by a horizontal cut right to left at chest height.
- Execute diagonal cut from left hip to right shoulder.
- Execute diagonal cut from right hip to left shoulder.
- Execute vertical cut from groin to throat.
- Transfer sword to normal hold in right hand, execute downward cut head to chest, stopping in guard position.
- Step back with right leg into attention stance.

This basic cutting practice has been taken from the cutting practice form and changed so that a student beginning to learn the sword can practice the basic cuts.

A student will need to be proficient at these techniques before attempting the basic cutting form or any of the Jang Gum Hyungs. This could be utilised by an E Dan to familiarise themselves with the sword. The sword hyung Ki Cho Jang Gum is introduced to E Dans approaching Sam Dan. Sam Dans are taught Jung Koop Jang Gum Hyung as part of the syllabus. The long Jang Gum Hyung is reserved for those of Master Rank and above.