

# **WORLD TANG SOO DO ASSOCIATION**



## **Jung Koop Jang Gum Hyung**

Starting with feet together and the sword held in the right hand with the scabbard behind the right arm, bring the sword to the front, held vertically with handle at top. Change to hold the scabbard with the left hand and move to the left side, held at waist level, right hand over the handle, palm upwards.

- 1) Move into right leg forward front stance, draw the sword from the scabbard cutting diagonally from left to right, execute a Ki Hap.
- 2) Move back to Choon Beh stance with sword held at 45 degrees in front of body.
- 3) Step back into a kneeling stance, with left leg on the floor, and place scabbard on the floor, rise up to standing position having feet together, then move left foot to Choon Beh stance. Sword held slightly to the left tip of sword at eye level.
- 4) Step left leg across right while executing an upward cut to the rear, continue the turn into front stance, right leg forward, and execute a downward centre cut. Immediately turn back into left leg forward front stance, execute a downward centre cut. Step forward, into right leg front stance execute a downward centre cut.
- 5) Move back into a modified front stance, while pulling the sword back to the chest.
- 6) Thrust the sword forward in a stabbing motion, whilst moving forward into a one leg stance, left foot tucked behind the right knee. Immediately jump back into a one leg stance, right foot brought to left knee, whilst bringing the sword behind the head, vertically down the back. Immediately jump forward into one leg stance, left foot tucked behind right knee and execute a downward centre cut. Immediately jump back into a one leg stance, right foot brought to left knee, whilst bringing the sword behind the head, vertically down the back. Immediately jump forward into one leg stance, left foot tucked behind right knee and execute a downward centre cut.
- 7) Look left, then step left leg to left, parrying sword to left in a circular motion and complete a diagonal cut low to left whilst moving right leg behind left in cross leg stance. Immediately look right and repeat to the right ending in cross leg stance, left leg behind right.
- 8) Look forward step left leg back into front stance while parrying the blade from right to left around your head, ending in a horizontal cut to the left, followed by a horizontal cut to the right crossing the arms. Sword ends pointing forward with left arm forward as well. Move swiftly into high block position left hand supporting blade.
- 9) Execute a left leg front kick, maintaining the high block, followed by a jump front kick, sword lowered to waist level., landing in a modified front stance. Immediately block to the right with the sword held vertical, top of the sword supported by the left hand.
- 10) Parry the sword in an anti clockwise direction whilst moving into a left leg one legged stance, hand held in front of solar plexus.
- 11) Remaining in the one legged stance pull sword back to horizontal position at waist level, right hand as far back as possible with left hand open held over blade.
- 12) Stepping into right leg front stance thrust sword forward and slightly upwards (towards heart).

## **2ND TSD Sword Form**

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## Jung Koop Jang Gum Hyung



- 13) Pull sword back towards you with sword resting on forearm, blade horizontal with edge away from body, immediately step left leg forward executing another stab to the body. The sword turns vertical as the thrust finishes.
- 14) Pull sword towards you to rest on the forearm, turn to rear bringing sword to right side with left leg forward front stance, thrust sword forward to stab body (heart area).
- 15) Move back into a left leg forward modified front stance, while bringing sword to a vertical position held high at right side.
- 16) Step right leg forward executing a diagonal cut from shoulder to hip (right to left), looking forward.
- 17) Step left leg forward executing a diagonal cut from hip to shoulder (left to right) looking forward, sword ends held vertical at right side.
- 18) Pivot 180 degrees on left foot ending in a modified right leg forward front stance, sword rotates around the head to end in a diagonal cut from shoulder to hip (right to left).
- 19) Step left leg forward into modified front stance while executing a diagonal cut hip to shoulder (left to right) sword ends vertical at right side, looking forward.
- 20) Look right, parry sword anticlockwise whilst moving into one leg stance on left leg, ending in a downward one handed diagonal cut, left hand held high to rear.
- 21) Raise sword handle to left hand, then execute a horizontal cut at thigh level, turning 360 degrees ending in right leg forward front stance whilst executing a horizontal cut.
- 22) Step right leg behind left into a cross leg stance whilst executing a downward stab.
- 23) Remain in the stance and withdraw the sword, parry to clean the blade, ending with sword vertical at right side.
- 24) Move into right leg forward fighting stance executing high block with sword blade to right, immediately rotate the sword round the head to execute diagonal cut from left to right, then slide forward into front stance executing a downward vertical cut.
- 25) Step forward into left leg forward front stance executing a one handed diagonal cut to right side, left hand on left hip.
- 26) Turn 180 degrees into right leg forward fighting stance executing a high block with sword to right, immediately rotate the sword round the head to execute a diagonal cut from left to right, then move into front stance executing a downward vertical cut.
- 27) Step forward into left leg forward front stance executing a one handed diagonal cut to right side, left hand on hip.
- 28) Step right leg up to left leg whilst parrying the sword around the head, step left leg back into front stance while executing a circular cut from right to left, ending at the waist on the left side. Just before the sword reaches the left hand rotate the blade and execute a diagonal cut from hip to shoulder (left to right) and Ki Hap.
- 29) Move left leg up to right while parrying blade to finish held vertical slightly to left in front of the body.
- 30) Step left leg back into kneeling position retrieve scabbard in left hand whilst parrying the blade in a circular motion to right side. Then replace sword in scabbard, and stand feet together. Bow.