

Kumdo (Sword) Postures

1. Upper guard

- Practiced against an overhead cut.
- Sword is held out in front of body with the tip above eye level.
- Evade back and right, and execute wrist cut.

2. Middle guard

- Practiced against a front thrust.
- Sword is held out in front of body with the tip at chin to eye level.
- Evade back and right, body block, horizontal cut to stomach, finish with step-through overhead cut.

3. Lower guard

- Practiced against an overhead cut.
- Sword is held out in front of body with the tip pointing at the ground.
- Evade forward and right, flick tip of sword up to head/neck, cut & push attacker back & down.

4. Side guard

- Practiced against an overhead or angled cut.
- Sword is held extending straight out to the side of the body, and angled slightly down, over the front leg.
- Step through with rising block to attacker's wrists, push attacker back and off-balance, then drop sword to stomach cut, spin through to overhead cut.

5. Straight eye guard

- Sword is held extending straight out in front of the body, the entire sword at eye level.
- Attacker batters away defender's sword and follows with overhead cut.
- Defender evades with step back to left (to "half upper guard") and executes a horizontal cut to the attacker's face.

6. Mist guard

- Practiced against a middle thrust.
- Defender steps from cat stance to front stance, body blocks the attacker's sword to the outside, circles attacker's sword once then flings it, step through horizontal cut, finish with overhead cut.

7. Baseball guard

- Practiced against an overhead or angled cut
- Step through with rising block to attacker's sword, push attacker back and off-balance, then drop sword to stomach cut, spin through to overhead cut.

8. Low guard 2

- Practiced against an overhead or angled cut.
- Flick sword tip up to attacker's wrists, push & cut wrists, then drop sword to horizontal cut to stomach, spin through to overhead cut.